REDBOOK

7 sexy things couples do but don't tell

You might want to try these... just sayin'!

Katherine Heigl

on her adoption miracle and the moments when "everybody hates me!"

IT'S ALL FREE!

Jewelry, travel, and a spending spree for you

ENTER FOR A CHANCE TO WIN

WORLD'S PRETTIEST STUFF UNDER $50

Reverse sticker shock p. 35

TURKEY DAY, MINUS THE STRESS

Shortcuts every crazed cook needs

High speed beauty fixes

LOOK AMAZING EVEN WHEN YOU'RE TIRED

Your most annoying period problems, solved

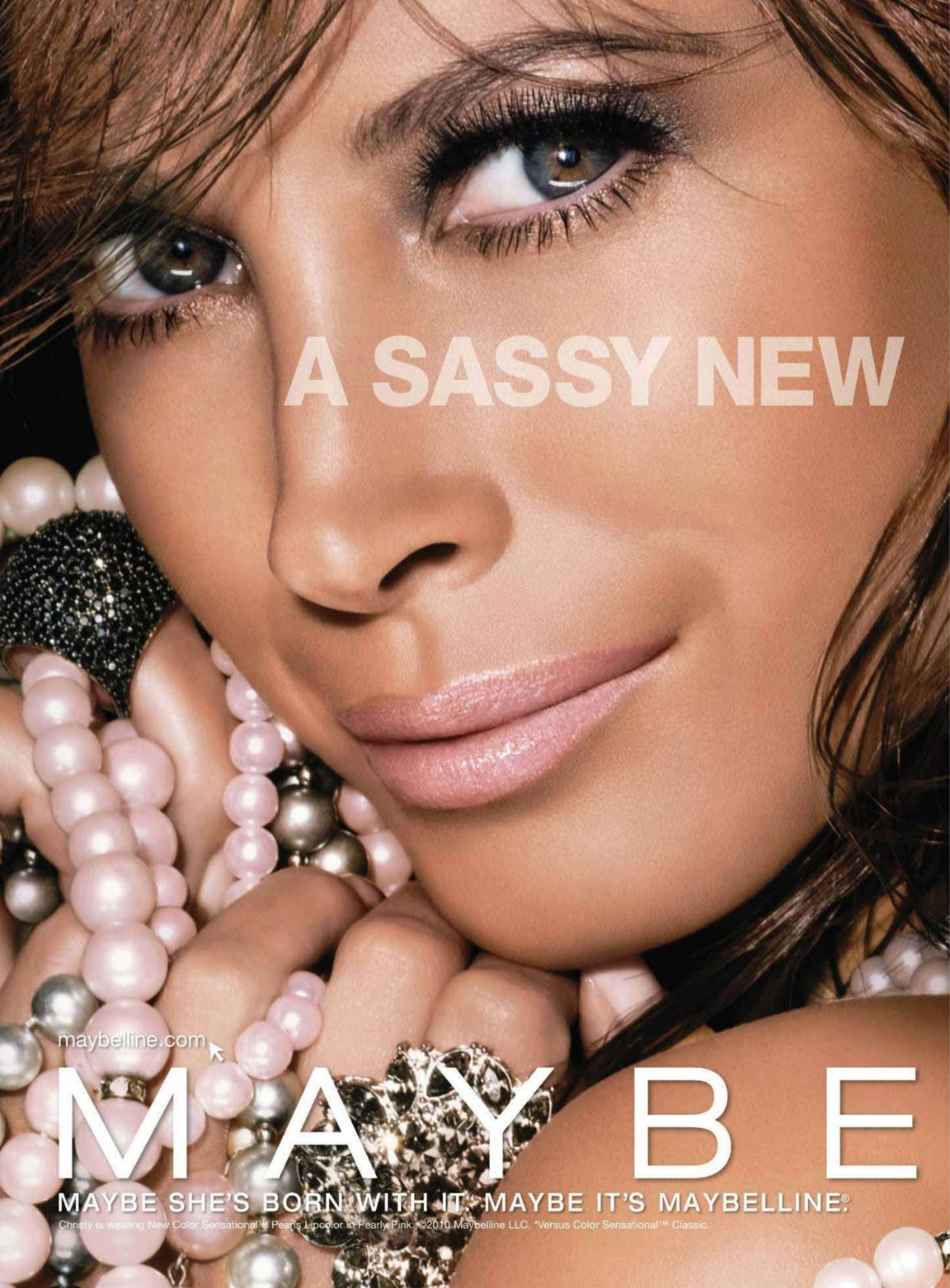
p. 74

THE VAN OF YOUR DREAMS.

Bask in the serene glow of the all-new Honda Odyssey. With its spa-like interior, people and cargo live in peaceful harmony. A third row folds down with a single, effortless touch. Available Bluetooth®† *centers your focus on the road ahead while a perfectly balanced 28 hwy mpg* V-6 takes you on a journey of pure van bliss. The van beckons.* ***Like no van before.***

1-800-33-Honda †The Bluetooth® word mark and logos are owned by Bluetooth SIG, Inc., and any use of such marks by Honda Motor Co., Ltd., is under license. *19 city/28 hwy 2011 EPA mileage estimates for Odyssey Touring models with 6AT. Use for comparison purposes only. Actual mileage will vary. Touring Elite model shown. ©2010 American Honda Motor Co., Inc.

Introducing the all-new Honda ODYSSEY


A SASSY NEW
maybelline.com
MAYBE
MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE®
Christy is wearing New Color Sensational® Pearls Lipcolor in Pearly Pink. ©2010 Maybelline LLC. *Versus Color Sensational™ Classic.

NEW
COLORsensational™
PEARLS
SPIN ON PEARLS
SO LUSTROUS. SO LUSCIOUS. SO SENSATIONAL.
MORE LUMINOUS SHIMMER* from micronized pearls.
MORE LUSCIOUS, CREAMY FEEL* from nourishing honey nectar.
Pearls so subtle, yet so sexy...they're sensational.
In 10 always flattering,
never frosty shades.
L'ORÉAL®
NEW YORK

Repair

YEARS OF DAMAGE
IN MINUTES.

REDUCES BREAKAGE up to
80%*

IMPROVES SHINE up to
35%*

PREVENTS COLOR FADE up to
67%*

Give weak, aging or chemically processed hair a second chance with KeraTriplex™ 2-Step Repair in-salon treatment. Only available in Paul Mitchell® salons and schools, and now at **Saks Fifth Avenue** and **Neiman Marcus** salons.

by PAUL MITCHELL®

awapuhi.paulmitchell.com

*Compared to untreated hair, results may vary.

©JCP Media, Inc., 2010. All rights reserved.

LIZ claiborne
Satchel
$39.99
Sweater Coat
$45.00
Denim
Puffer Vest
$40.50
NEW LOOK.
NEW DAY.
WHO KNEW!
JCPenney®

ADVERTISEMENT

SAVE UP TO **$30** ON P&G BRANDS

COUPONS INSIDE
SPECIALLY-MARKED PACKAGES

A REWARDING HOLIDAY

LOOKING FOR WAYS TO SAVE MONEY THIS HOLIDAY SEASON? CONSIDER THESE IDEAS.

1

Host a fashion swap. Invite a few pals over and have everyone bring a set number of items that she wants to trade. Then lay out your goods and start swapping.

2

Pass on the presents. Instead of buying your girlfriends material items, make time together your gift to one another. Sip lattes after a yoga class or do at-home spa treatments.

3

Make holiday meals potluck. Instead of prepping and cooking everything from soup to nuts, ask each guest to bring a dish or two. Friends and family will be happy to help. Just ask!

4

'Tis the season to say thanks. P&G is offering nine money-saving opportunities, and they're all yours–just for being a loyal P&G customer! Sounds too good to be true? Inside specially-marked packages you'll find a book of coupons for your favorite P&G brands.

P&G

For more great deals on all P&G household and family brands, log on to pgeverydaysolutions.com.

©2010 P&G

OLAY

REGENERIST

DO YOUR EYES NEED MORE SLEEP?

Wake them up with Regenerist Anti-Aging Eye Roller.

REGENERIST ANTI-AGING EYE ROLLER

Give tired eyes an instantly refreshing wake-up call. This perky roller with its caffeine-conditioning complex massages, de-puffs* and helps reduce the appearance of lines and wrinkles for a wide awake look you never thought possible. **Massage reduces under-eye fluid.*

OLAY. CHALLENGE WHAT'S POSSIBLE.™

Double the goodness.

Milk doesn't just taste good. It's good for you. That's why lowfat milk is always on our family's table. So while we're goofing around at breakfast, we're also getting the protein and vitamin D in milk. And that's twice as nice.

GOT MILK?

whymilk.com/sprousebros

CONTENTS

NOVEMBER 2010

178 Check out our winter-coat guide—and find a wooly new way to stay warm.

BEAUTY & HEALTH

47 ALL THE TRICKS FOR… Flawless, glowing skin.

50 BEAUTY CONFESSIONS Our beauty director takes on some hair-raising dilemmas.

52 PRETTY FAST Be your most beautiful—in less than a minute!

54 BEAUTY CALL Get Rachel McAdams's gorgeous new look.

56 Q & TRIPLE A All the right stuff to de-puff your face.

65 HEALTHY YOU/GUY/KIDS So-easy steps to boost memory, mood, and immunity.

70 LAZY WOMAN'S FITNESS Burn calories in bed? Sign us up.

74 INTIMATE ANSWERS Hilda Hutcherson, M.D., demystifies the most annoying period problems.

MEN, LOVE & FAMILY

85 TELL THE TRUTH Which of your partner's possessions would you love to get rid of?

86 LOVE BUZZ A quiz to see if you're too selfish—plus, bookworm alert: Reading makes sex better.

88 WHAT EVERY MAN OWES HIS WIFE A marriage owner's manual for *your* husband!

92 VOWS 2.0 Everything you should've said at the altar.

94 EXPERTS SOLVE MAJOR LOVE PROBLEMS (THEIR OWN) Sometimes even the pros have issues. Here's what all women can learn from their struggles.

100 MANIFESTO We'd happily leave the mainland for new *Hawaii Five-O* hottie Daniel Dae Kim.

102 WHYS GUY Aaron Traister tells why men love our bodies—and why we should too.

106 MOMCENTRIC How to remember all your kids' cuteness!

108 IT'S COMPLICATED Karen Karbo makes sense out of relationship messes.

112 COULD YOU GO A WEEK WITHOUT YELLING? One screamer takes the seven-day challenge.

54 All you need for sheer, luscious lipcolor.

ON THE COVER

7 SEXY THINGS COUPLES DO	192
50 UNDER $50	35
BEAUTY FIXES	186
KATHERINE HEIGL	168
FAB FREEBIES	44
THANKSGIVING	207
PERIOD PROBLEMS	74

Katherine Heigl photographed exclusively for REDBOOK by James White. Hair: Peter Butler for Garnier using Garnier Fructis Color Shield Leave-In Instant Color Sealer. Makeup: Pati Dubroff at The Wall Group. Manicure: Kristie Bird. Stylist: Sara Gore Reeves at Art Department. Top: DKNY. Bracelet: Kara Ross. Jeans: Katherine's own. Get Katherine Heigl's look with makeup by Maybelline and hair care by Garnier Fructis. Makeup: Color Sensational Lipstick in Pink Me Up. Dream Mousse Blush in Soft Plum. Eye Studio Lasting Drama Gel Eyeliner in Brown. Volum' Express the Falsies Washable Mascara in Brownish Black. Eye Studio Color Gleam Cream Eyeshadow in Neutral Liaisons and Rose Revolution. Dream Smooth Mousse in Buff. Dream Mousse Concealer in Beige. Hair: Garnier Fructis Style Wonder Waves Wave Enhancing Spray. Style Wonder Waves Wave Defining Mousse. Full Control Anti-Humidity Hairspray.

FROM TOP: COLETTE DE BARROS, JEFFERY WESTWOOD/STUDIO D (2).

CONTENTS

NOVEMBER 2010

116 STUFF MY KIDS TAUGHT ME With the right attitude, the big C becomes a big adventure.

118 MY BIGGEST FAN Cheryl Hines interviewed by her 6-year-old daughter, Catherine.

MAKE IT WORK

129 IT'S 3 P.M.... How to have a truly stress-free Sunday.

130 SMART ABOUT MONEY Simple ideas to speed up your saving.

132 ONE CRAZY, HAPPY LIFE Toddler twins keep former soccer star Mia Hamm *running*.

136 HAVE A SANE DAY Ways to fly faster, and a handy tip from sexy vampire Ian Somerhalder.

138 BE PART OF THE SOLUTION Americans are going hungry; here's how you can help.

140 NOW...RELAX Talk your way into travel deals, plus new music and must-see movies.

WHAT TO WEAR

153 TREND WITH BENEFITS Cute, *comfy* heels? Yes!

156 DRESS CODE Everyday-cool looks from mom and cookbook author Jessica Seinfeld.

158 START HERE You'll want to live in these perfect black pants.

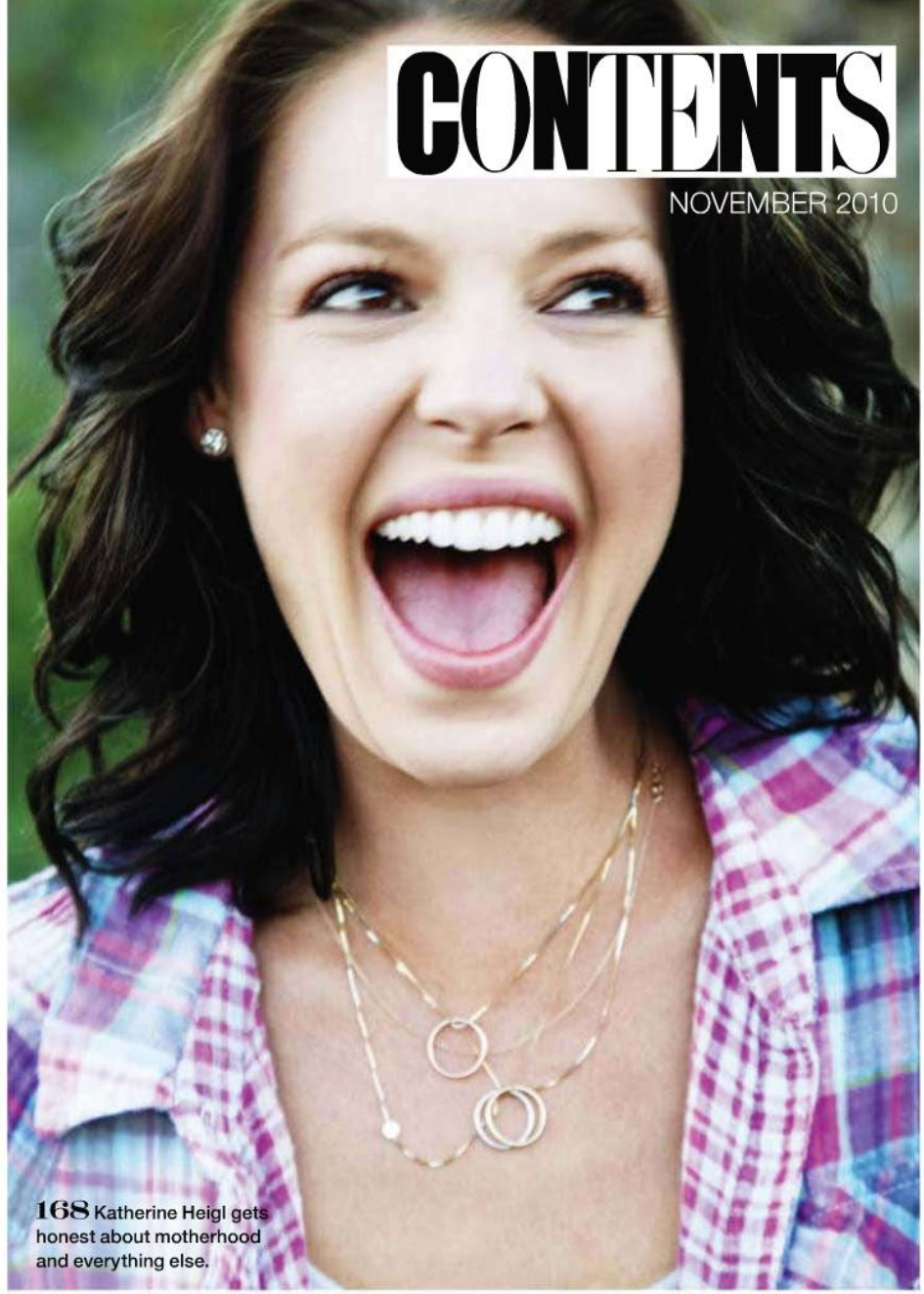
164 WHAT WOULD HALLE BERRY DO? How to get her simple, sleek, slightly edgy style.

FEATURES

168 THE GIRL WHO CHANGED HER LIFE Katherine Heigl reveals how adopting brought the most joy (and the most stress) she's ever had.

178 MEET YOUR NEW WINTER COAT Find your favorite here: It'll be your best friend all season long.

186 OH, JUST FAKE IT! Look gorgeous, well-rested, and sexy—the sneaky way.



168 Katherine Heigl gets honest about motherhood and everything else.

FROM TOP: CHEYENNE ELLIS, GREG MARINO/STUDIO D.

192 WE NEED TO TALK... ABOUT SEX The hot secrets we're not telling—and why we should.

196 DREAM ROOM Pull together your dining room, for less.

GOOD TO EAT

207 YOUR SAME-DAY THANKSGIVING PLAN Have it done in a snap with our easy schedule.

218 THANKSGIVING: EXTREME EDITION 60 guests! 23 dishes! Cooking outside—in *Alaska?!*

224 LOOK, COOK, EAT! Speedy, spicy ground-beef meals.

226 RESTAURANT REDO The Cheesecake Factory's pasta carbonara, done healthier at home.

228 100% GOOD FOR YOU Guilt-free eats for holiday road trips.

232 WHAT I KNOW ABOUT FOOD Ina Garten's gotta-have goodies.

IN EVERY ISSUE

14 EDITOR'S NOTEBOOK

18 REDBOOK ONLINE

26 REPLY ALL

29 SPILL, VENT, GOSSIP, GO!

35 50 UNDER $50

44 FREEBIES!

234 SHOP THE ISSUE

240 EASY WAY OUT

35 This watch only looks like a crazy splurge: It's $40!

©2010 Discover Bank. Member FDIC

IF YOUR CARD HAS AN ANNUAL FEE, GET RID OF IT.

IF IT COMES WITH A REWARD REDEMPTION FEE, CUT IT UP.

IF IT COSTS TO ADD A CARD, STICK IT IN A DRAWER.

AND SWITCH TO DISCOVER®

Ranked #1 in customer loyalty.*
It pays to switch. It pays to Discover.

1-800-DISCOVER | discover.com
Discover® More® card

*Based on the 2010 Brand Keys® Customer Loyalty Engagement Index

6 (extra!) secrets from our November issue

How did my husband and I wind up hosting Thanksgiving dinner for both of our extended families, including uncles, cousins, and first cousins once removed? Well, we didn't have the handy decision tree on page 240 ("Thanksgiving: His Family or Yours?") and we couldn't agree, so 10 years ago we borrowed silverware, built tables out of scrap lumber, and convinced 20-plus relatives to combine forces. By now you'd think I'd be an old pro, but I always make some totally idiotic hostess mistake. Dopey move 2009: Everyone arrived at once, and I'd forgotten to set up a bar, so I ran around like a turkey with its head cut off uncorking, martini-shaking, and sweating. Enter the cook's time line on page 208, which ensures you won't forget to shower (dopey move 2006), make the cranberry sauce, or pour yourself an early glass of wine. I plan to follow it to a T.

I also plan to give thanks for the youngest family member at our table: my cutie pie niece Tirha. My sister, Amy, adopted her from Ethiopia last year, and she's been a walking, talking, milestone-hitting miracle ever since. Just a few months after she arrived, our cover star, Katherine Heigl, and her husband, Josh Kelley, adopted their daughter, Naleigh. I remember reading their great news and thinking, *I wonder what the process has been like for them?* Katherine reveals all those details on page 168. Her story and others' in our package on adoption, timed to National Adoption Awareness Month, are the kind that make you smile and cry at the same time. They also make you want to help orphans everywhere, and our package offers many ways, big and small, to reach out. Meanwhile, enjoy the issue, the holiday, and the cutie pies in your life!

My sister, Amy Herzig, and her daughter, Tirha, 20 months.

Jill

Jill Herzig, Editor-in-Chief
Redbooked@hearst.com

SECRET #1

We test, and time, everything

Food editor Barbara Chernetz fed our staff Thanksgiving dinner in August to fine-tune every recipe. Then she cooked the whole meal *again* to make sure it could be done in nine hours, as promised on page 208. "It's a long day," she admits, "but so rewarding!"

SECRET #2

Over age 30, your body may act like a teenager's again, at least where your period is concerned. A friend begged me recently to tackle grown-up period issues in REDBOOK, so we sat down for an intimate, problem-solving Q&A with Dr. Hilda Hutcherson (page 74). Her all-purpose tip: Start taking ibuprofen a day or two before your period to make it lighter and less crampy.

Stay in touch with REDBOOK on Twitter: Follow us @redbookmag to hear all of the behind-the-scenes scoop from the magazine!

JILL: PHOTOGRAPHED BY MATTHEW HRANEK. HAIR AND MAKEUP: ALBERTO LUENGO. AMY: PHOTOGRAPHED BY DAVID A. LAND. FOOD: PHOTOGRAPHED BY JONNY VALIANT. BOTTOM RIGHT: ISTOCKPHOTO.COM.

AMERICA'S FAVORITE MASCARA!

100's OF GREAT LOOKS.
1 GREAT LITTLE TUBE.

NO WONDER ONE IS SOLD EVERY 1.7 SECONDS!*

GO TO **FACEBOOK.COM/MAYBELLINE** NOW TO GET EXCLUSIVE OFFERS & INFO LEADING UP TO GREAT LASH'S 40TH BIRTHDAY IN 2011!

MAYBELLINE®
NEW YORK

MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.®

*Based on FDMx unit sales for the 52-wk period ending 12/27/09 as reported by InfoScan Information Resources, Inc. plus other outlet POS sales. ©2010 Maybelline LLC.

Thank You Curél® for
Advanced Ceramide Therapy

Instantly relieves and strengthens sensitive skin to help prevent future sensitivity

• Advanced Ceramide Therapy uses ceramides similar to those found in naturally healthy skin to strengthen your skin barrier.

• This helps your skin retain moisture better.

• Which makes your skin less susceptible to sensitivity.

And prevents symptoms from coming back.

©2010 Kao Brands Company

See the cure in Curél®
See more thank yous at:
www.curel.com/thanks

EDITOR'S NOTEBOOK

SECRET #3
We kick back on photo shoots

Bartender Spencer Warren, of Embury, made dirty martinis for everyone on the Katherine Heigl shoot, which may explain the happy, relaxed vibe of our cover! To achieve that in your own home, try his recipe, which includes a twist: caper berries instead of olives.

3 parts Effen Vodka
¼ part extra-dry vermouth
Splash of caper berry juice

Shake and pour into glass. Add 1 large caper berry to garnish.

SECRET #4
SANE SHOES HAVE ARRIVED!

How did Kate Hudson smile while wearing these torture devices? Who knows, but thankfully, there's a new wave of just-as-chic shoes with lower heels for fall. We rounded up the absolute best on page 154. Just don't let your dog chew on them like our understudy pooch on the shoot did!

Cute dog eats cute shoe!

SECRET #5
It's okay to tell but not show. After working on "We Need to Talk... About Sex" (page 192), I'm convinced that girlfriends should share a little more with one another. But the writer, Erin Zammett Ruddy, offered a cautionary tale: One woman recalled a friend showing her a picture that had been texted by a fling—of his privates. Flash forward a few years and… you guessed it: They're married. It's all about boundaries, people.

SECRET #6
You can get this sexy look (for less)!

Tank, Express, $30; express.com. Jeans, DKNY Jeans, $48; Macy's.

Earrings, Forever 21, $8; forever 21.com.

Maybelline Dream Mousse Blush in Soft Plum, $7.51.

CLOCKWISE FROM TOP LEFT: FRANK TERRY JR., JAMES DEVANEY/WIREIMAGE. PHOTOGRAPHED BY SARRA FLEUR ABOU-EL-HAJ/STUDIO D. PHOTOGRAPHED BY JAMES WHITE. PHOTOGRAPHED BY GREG MARINO/STUDIO D (4). PLAID PUMPS: BETTYE MULLER, $295; BETTYEMULLER.COM FOR INFO.

Thank you Curél®

for kicking my sensitive skin to the curb.

©2010 Kao Brands Company

New Curel® Sensitive Skin Remedy™ with Advanced Ceramide Therapy can change your skin. Our proven lotion relieves sensitive skin immediately. And prevents it from coming back.

Your search for sensitive skin relief ends here.

See the cure in Curél®.

See more thank yous at: www.curel.com/thanks

FIND US ONLINE

redbookmag.com

THIS MONTH'S CAN'T-MISS CLICKS

Get even closer to him!

redbookmag.com /falldates

The calendar may be jammed, but there's always time for flirting it up with your husband, right? *Right!?* Our genius ideas don't involve reservations, major planning, or hurt-y heels.

Cozy up indoors

redbookmag.com /cozyhome

Add warmth to your house without touching the thermostat: We've got simple tips to make every room look, smell, and feel so amazing, you'll actually welcome stay-inside weather.

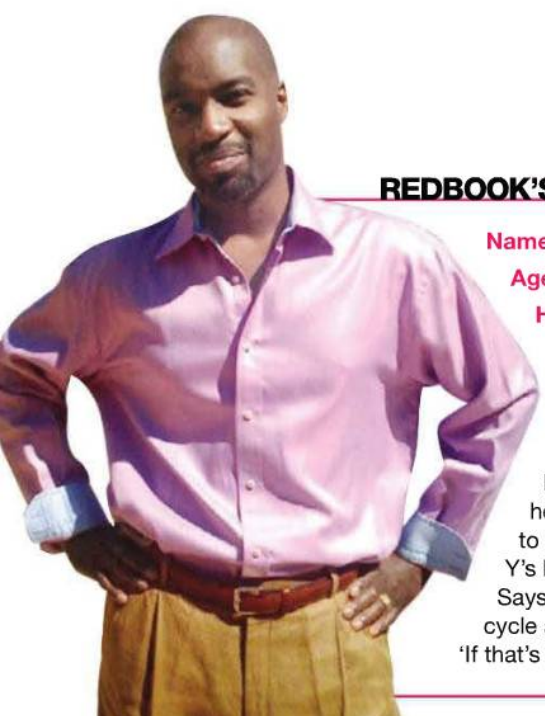
A chilled-out Thanksgiving

redbookmag.com /thanksgivingvideos

Before you do battle with the bird, check out our expert step-by-step videos on cooking, carving, and serving suggestions for supreme kitchen confidence.

WIN CUTE CLOTHES FOR THE KIDS!

Just in time for holiday photos: adorable outfits from Janie and Jack. Enter to win one of the $100 gift cards we're giving away every day throughout November. (All you have to worry about are the angelic smiles.)



REDBOOK'S HOT HUSBAND OF THE MONTH

Name: Michael Johnson

Age: 43

Hometown: Blacklick, OH

Profession: Nursing home administrator

Family: Married 16 years; father to Miles, 13, Bailey, 11, and twins Brooke and Bronte, 10

He's as sweet as he looks: He makes hot-fudge sundaes for his wife, Beverly; goes to Girl *and* Boy Scouts; and volunteers on the Y's board of directors. So where's his wild side? Says Beverly: "He borrowed a friend's motorcycle and likes to sit on it and rev it up. I tell him, 'If that's your midlife itch, go for it!'"

Want to see your guy in this spot? Tell us all about him at redbookmag/hothusband—and enter to win our America's Hottest Husband contest.

CLOCKWISE FROM TOP LEFT: ISTOCKPHOTO.COM (2), FRANCES JANISCH, COURTESY OF MANUFACTURER, COURTESY OF SUBJECT.

© 2010 COTY US LLC
McGRAW
SILVER
WWW.TIMMCGRAWFRAGRANCES.COM
McGRAW
SILVER
WHERE DOWN HOME MEETS DOWNTOWN
THE NEW COLOGNE FROM TIM McGRAW

THE NEWEST DREAM SENSATION
NOW MAKEUP IS CREAM-WHIPPED
FOR 100% BABY-SMOOTH PERFECTION.
new
DREAM
SMOOTH MOUSSE™
ULTRA-HYDRATING FOUNDATION
Our unique cream-whipped foundation combines perfectly moisturizing coverage with a lightweight formula. Blends seamlessly and feels fresh all day. Go beyond perfect skin…experience baby-smooth perfection.
Available in 10 creamy shades.
THE SECRET?
Some foundations just cover and leave skin dry and rough.
Our formula hydrates as it covers so skin is touchably smooth.
14 HOUR HYDRATION
DREAM SMOOTH mousse
ULTRA-HYDRATING, CREAM-WHIPPED FOUNDATION
maybelline.com
MAYBELLINE
NEW YORK
MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.
Emily is wearing New Dream Smooth Mousse™ Foundation in Nude Beige. ©2010 Maybelline LLC.

REDBOOK

Editor-in-Chief Jill Herzig

CREATIVE DIRECTOR Holland Utley **EXECUTIVE EDITOR** Meredith Rollins
MANAGING EDITOR Kim Cheney
DEPUTY EDITORS Sunny Sea Gold, Jennifer Tung
SPECIAL PROJECTS DIRECTOR Lori Berger
DIRECTOR, REDBOOK ONLINE Lili Zarghami

FASHION DIRECTOR Audrey Slater
BEAUTY DIRECTOR Cheryl Kramer Kaye
FOOD EDITOR Barbara Chernetz
ASSISTANT MANAGING EDITOR Megan Collins

SENIOR EDITOR Holly Hays
BEAUTY EDITOR Krista Bennett DeMaio
ARTICLES EDITOR Jihan Thompson
ASSOCIATE FASHION EDITOR Cristina Desposito
ASSISTANT EDITORS Brittany Burke, Anna Davies, Nicole Yorio

Art
ART DIRECTOR Katharine Van Itallie
DIGITAL IMAGING SPECIALIST Ralph Ruggiero
DEPUTY ART DIRECTOR Ridge Carpenter

Photography
PHOTO DIRECTOR Bruce Perez
PHOTO EDITOR Rosaliz Jimenez

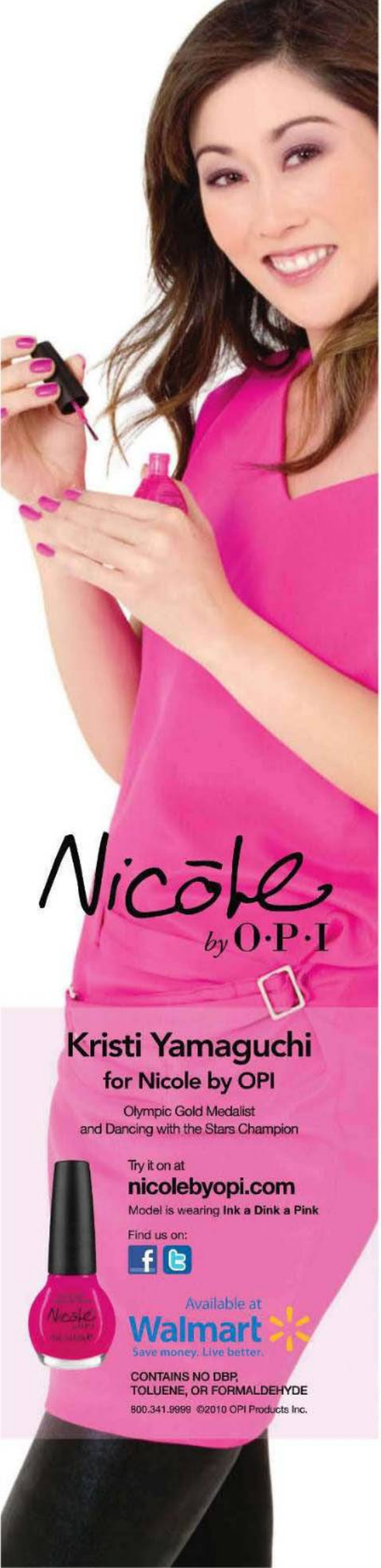
Research & Copy
SENIOR RESEARCH EDITOR Lauren Oster
COPY EDITOR Laurel Leicht

Online
WEB EDITOR Briana Mowrey

CONTRIBUTING EDITORS
Alice Bradley, Alexis Givens (home), Hilda Hutcherson, M.D., Karen Karbo, Beth Kobliner, Lisa Lillien, Aaron Traister

Published by Hearst Communications, Inc., a unit of the Hearst Corporation
VICE CHAIRMAN AND CHIEF EXECUTIVE OFFICER Frank A. Bennack Jr.
CHAIRMAN George R. Hearst Jr.

Hearst Magazines Division
CHAIRMAN Cathleen P. Black
PRESIDENT David Carey
PRESIDENT, MARKETING AND PUBLISHING DIRECTOR Michael Clinton
EXECUTIVE VICE PRESIDENT AND GENERAL MANAGER John P. Loughlin
EDITORIAL DIRECTOR Ellen Levine
PUBLISHING CONSULTANTS Gilbert C. Maurer, Mark F. Miller



REDBOOK

Vice President, Publisher Mary E. Morgan

ASSOCIATE PUBLISHER Chris McLoughlin
GENERAL MANAGER Elyssa H. Rubin
VICE PRESIDENT, GROUP CONSUMER MARKETING DIRECTOR Rick Day
EXECUTIVE DIRECTOR, INTEGRATED MARKETING Robyn Mait Levine
ADVERTISING SERVICES MANAGER Melissa Gart

Advertising Sales

NEW YORK (300 W. 57th St., New York, NY 10019; 212-649-3330)
NEW YORK DIRECTOR Andrew Weicker
ACCOUNT DIRECTORS Jackie Bodner, Katie Bohan, Amy Smith
EXECUTIVE BEAUTY DIRECTOR Eve Bercovici
DIRECTOR, DIRECT RESPONSE Christine Hall
SENIOR ACCOUNT MANAGER, DIRECT RESPONSE Michael Rohr
EXECUTIVE ASSISTANT Kerrianne Sullivan
INTEGRATION ASSOCIATE Harris Kratka
CBS SUPERVISOR Ashley Packard

Branch Offices

MIDWEST DIRECTOR Katie Demetriou
MIDWEST ACCOUNT DIRECTORS Jennifer Furibondo, Laura Serge
INTEGRATION ASSOCIATE Heather Muth
(1 S. Wacker Drive, Chicago, IL 60606; 312-984-5180)
WESTERN DIRECTOR Erika Muhlfeld
INTEGRATION ASSOCIATE Ashley Andrews
(3000 Ocean Park Blvd., Santa Monica, CA 90405; 310-664-2960)
NORTHWEST REPRESENTATIVE Courtney Roberts
(921 Butterfield Road, San Anselmo, CA 94960; 415-524-8665)
DETROIT REPRESENTATIVES Colleen Maiorana, Joan Cullen
(415 S. West St., Suite 350, Royal Oak, MI 48067; 248-546-2222)
SOUTHEAST REPRESENTATIVE Sarah Wiley
(3340 Peachtree Road, Tower 100, Suite 1550, Atlanta, GA 30326; 404-256-3800)
SOUTHWEST REPRESENTATIVE Lucinda Weikel
(4217 Camden Ave., Dallas, TX 75206; 214-824-9008)

Creative Services

CREATIVE SERVICES DIRECTOR Alison Friedman
CREATIVE DIRECTOR Amy Dorf
ASSOCIATE PROMOTION DIRECTOR Lisa M. Iommarini
ASSOCIATE MERCHANDISING DIRECTOR Jane Winston
SENIOR MARKETING MANAGER Candie L. Patterson
SENIOR PROMOTION MANAGER Morgan Brooks
INTEGRATION MANAGER Joanne Ko
INTEGRATION ASSOCIATE Lauren Williams

Production

GROUP PRODUCTION DIRECTOR Karen Otto
GROUP PRODUCTION MANAGER Chris Hertwig
ASSOCIATE PRODUCTION MANAGER Tina S. Wilkinson

Research

RESEARCH MANAGER Tina Giberti

For customer service regarding your subscription—
such as renewals, address changes, and account status—
go to service.redbookmag.com or write to
REDBOOK, P.O. Box 6000, Harlan, IA 51593.

Neither mini nor van.

Presenting the Chevy Traverse. The 8-passenger crossover designed for families and made for you. The interior amenities lavish the driver in comfort, yet it has 30% more cargo space than a Honda Pilot. The Traverse also offers a remarkable 24 MPG highway.[1] It was even named a *Consumers Digest* "Best Buy" two years in a row. Everyone deserves a family car that isn't a minivan. **Starting at $29,999.[2]**
Find out more at chevy.com.

LTZ shown, with 7-passenger seating, $38,760[2]

1 EPA estimate (FWD). **2** MSRP. Tax, title, license, dealer fees and optional equipment extra. The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. Traverse is a registered trademark and Chevy is a trademark of General Motors. ©2010 General Motors. Buckle up, America!

ADVERTISEMENT

1

Rub skin the right way.
Gently exfoliate a few times a week to remove the dead cells that make skin rough, itchy, and ashy looking. A good rub with a body scrub, pouf, or loofah sends dry skin down the drain, which helps your body lotion penetrate better and leaves skin super-soft.

2

Opt for warm water.
Soaking in a steamy tub feels fabulous, but piping hot water can strip skin of its natural oils, leaving it parched. (The same goes for hot showers.) Instead, bathe in warm water and moisturize damp skin when you get out.

Jergens® The Beautiful Difference

Getting gorgeous doesn't take a major skincare overhaul. In fact, a few small tweaks to your routine can change the look and feel of the skin you're in from head to toe. Here, REDBOOK's beauty merchandising editor gives you five simple tips that make a major difference.

Repair and protect.
Daily moisturizing is key to protecting skin during the cold winter months. Skin looks and feels its best when it's well hydrated. **Jergens® Ultra Healing® Lotion** penetrates through 5 layers of the skin's surface to start healing at the source. The end result? Visibly, healthier-looking skin.

3

Hydrate the air.
When it's freezing outside, cranking up the heat feels toasty. But high indoor heat can also rob skin of much-needed moisture—so use a humidifier to hydrate the air and your skin.

4

Feed your skin.
Simple, but true: Drinking the recommended amount of H_2O is essential to any beauty regimen. Stocking up on your favorite fruits and veggies is another great way to get your daily fill of water.

5

Jergens www. jergens.com

© 2010 Kao Brands Company

INSTANTLY DOUBLES HYDRATION FOR VISIBLY HEALTHIER SKIN.

Jergens® Ultra Healing® lotion's intensive moisture heals dryness at its source. In a clinical study, 100% of women saw visibly moisturized, smoother skin.

Jergens®. The Beautiful Difference.

"Any opportunity to laugh aloud…is a relief in today's ridiculously insane world."

A CALMER EXISTENCE

My fiancé and I loved the tips featured in "The 7 Secrets of Low-Stress Families" [September], especially since they touched on our core values. We are working to build a happy household and a happy family. These tips helped us realize we are well on the way to our goal. —JMB3883, *via redbookmag.com*

ALLERGY RELIEF, AT LAST

Thank you, thank you for "Update! The Food Allergy News Everyone Needs" [September]. My daughter has a peanut allergy, and it's nerve-racking. Luckily, her school district has made policies about what goods parents can bring in for birthdays or other events. Many parents complained, but I no longer have to worry about some trace of peanuts in a snack. Thanks again for raising awareness about allergies. —AMANDA MELAGRANO, *Simi Valley, CA*

THE FUNNY GUY

Every article Aaron Traister [REDBOOK's Whys Guy] writes makes me crack up. He re-creates the wonderful, frustrating, and hilarious moments with my 16-, 13-, and 11-year-olds. Any opportunity to laugh aloud, even at someone else's expense (sorry, Aaron!), is a relief in today's ridiculously insane world. —KARLIN WALDNER, *Fort Collins, CO*

WHINE AND DINE

My wife is a faithful reader of REDBOOK, and I was intrigued by "8 Ways to Date Your Husband" [September]. When I saw it, I thought, *Oh, boy, my wife will read this and I will be in for wonderful surprises.* Not! Turns out half of the tips have *me* doing stuff—so she isn't dating *me*, I'm really dating *her*. Thanks a lot! —BRAD CUNNINGHAM, *Charlotte, NC*

SAVE EVEN MORE!

Thanks for the great tips in "Live a Big Life on a Small Budget" [September]. I

PHOTOGRAPHED BY MARKO METZINGER/STUDIO D.

FOR WHEN YOU'RE
SICK.

HALLS and all related marks are owned by Cadbury Ireland Ltd., used under license.
©2010 Cadbury Adams USA LLC.

have one to add: Get free entertainment at your local library. Mine has an online catalog that features new and old movies, TV programs, and CDs. I take full advantage, and I never feel cable-deprived. —CATHY F., *Hampton, NH*

COUPLES CONFESS

I love REDBOOK; however, "Love Him Like You Just Met Him" [September] "hot couple" Jaiya and Ian were on *Strange Sex* last year, about their polyamorous lifestyle. It's dishonest to tout them as a hot couple when they are intimate with other people.
—CAROLANN FALKENBERG, *Naples, FL*

Editor's note: Jaiya and Ian never mentioned polyamory or the TV show in numerous conversations with REDBOOK's reporter and fact-checker. Thanks for filling us in, and, yes, we very much wish we'd known this *before* choosing them for our article.

Our September cover celeb, Julianna Margulies, said she'd inform a friend if she knew the woman's husband was cheating. We asked our Facebook fans...

Would you tell on a cheater?

I would tell her husband to 'fess up before I'd tell my friend. If he refused, I'd tell her. —KELLY O'SULLIVAN

Absolutely! She could be living her life with someone who loved her instead of wasting her time. Not to mention all the diseases he could be giving her. —AUTUMN HECKERMAN ADAMS

What kind of friend would I be if I allowed a man to betray my friend? Sure, I would risk harming the friendship, but if [she blamed me], maybe we were not as close as I thought.
—AMY PATTERSON MCPHERSON

I can only thank the person who told me about my ex—she was a brave lady, and God only knows how much longer it would have gone on. —DONNA A.

Write us! At redbook@hearst.com, or Redbook Mail, 300 W. 57th St., New York, NY 10019. Letters may be edited for clarity and length.

Elizabeth Arden
RED DOOR
The same classic fragrance, with a new signature look.
©2010 Elizabeth Arden, Inc.
Elizabeth Arden
Elizabeth Arden
RED DOOR
Enter here. Exit spectacular.
Bon-Ton
Bergner's
Boston Store
Carson Pirie Scott
Elder-Beerman
Herberger's
Younkers

SPILL VENT GOSSIP GO!

EVERYTHING YOU **CAN'T STOP TALKING ABOUT** RIGHT NOW

TALK TO US, MOMS

HOW FAR WOULD YOU GO TO CALM YOUR KID ON A FLIGHT?

2%

Cram them full of junk food

32%

Slip them a bit of NyQuil

66%

Let them watch nonstop DVDs

HOLY MATRIMONY!

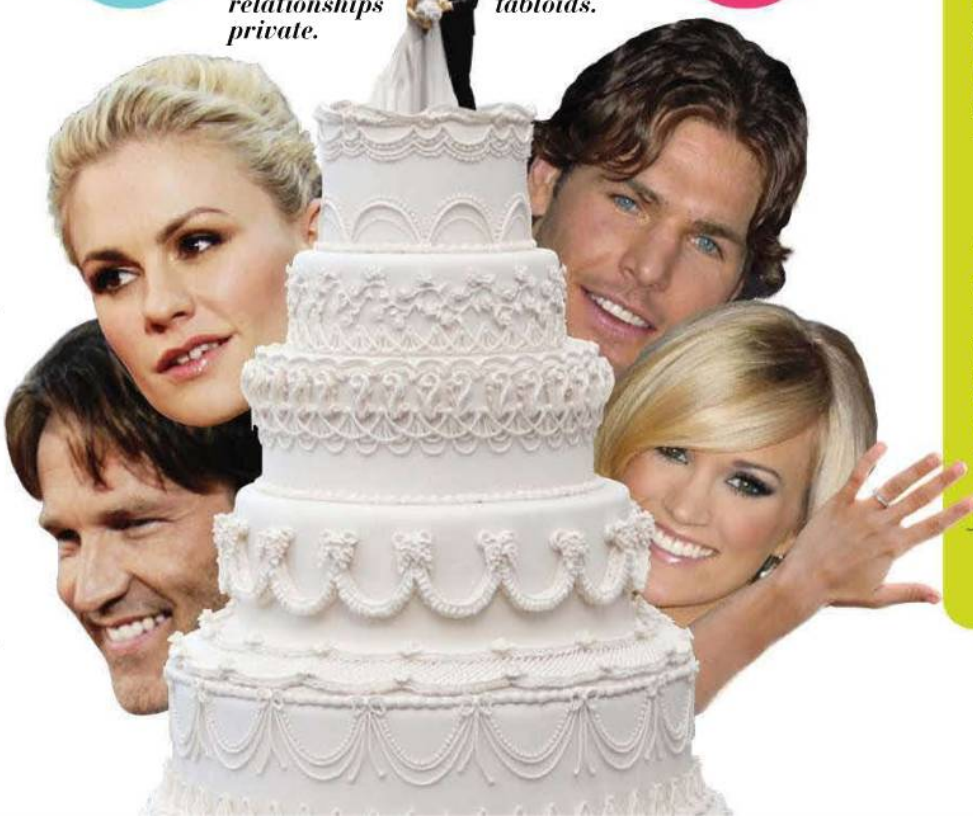
Celebs are going two ways with weddings: over-the-top or super-secretive. Which is better?

78%

QUIET *I respect celebs more when they keep relationships private.*

SPLASHY *I like to read about every detail in the tabloids.*

22%



BLOGGER SOUND-OFF

WHAT'S THE MOST **ANNOYING** THING A WOMAN'S EVER SAID TO YOU?

"I can't leave the house without wearing makeup. Good for you for not being so self-conscious!"

Next time, just tell me you think I look like crap and that a little lipstick never hurt a girl.
—TANIS MILLER, THEREDNECKMOMMY.COM

"Don't you know how kids happen!?"

I get this kind of comment when people find out that my husband and I have nine kids. Yes, we do know how babies are made. Do you want us to demonstrate?
—CARMEN STAICER, MOMTOTHESCREAMING MASSES.TYPEPAD.COM

"You're a single mom? I'm so sorry to hear that."

It's usually accompanied by a sad face, as if I'm telling them I have cancer. I don't need your pity, I happen to love being a single mom!
—ISSA MAS, NYCMAMASAN.BLOGSPOT.COM

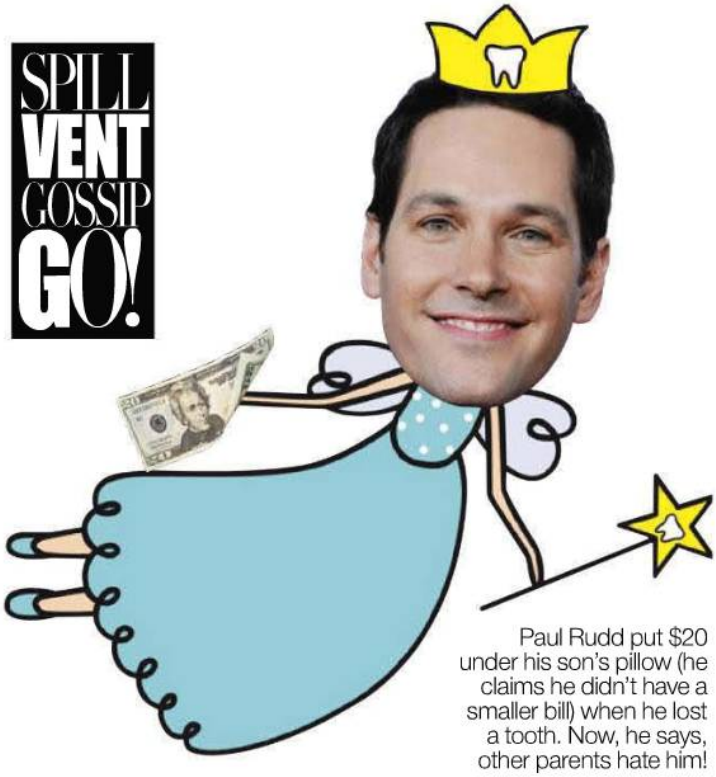
"With all you walk, I'd think you'd be a size 2 by now!"

The woman I pass daily when walking my dog said it to me, and the only response I could muster was to fantasize about kicking her in the shins.
—EMILY CASSEE, EMILYCASSEE.COM

Chat with these bloggers about the most annoying thing *you've* heard at redbookmag.com/mostannoyingthing.

CHIPS: STEVEN MARK NEEDHAM/ENVISION. NYQUIL: COURTESY OF MANUFACTURER. CAKE, DVD PLAYER: ISTOCKPHOTO.COM. SCREEN IMAGE: NICK JR./VIACOM INTERNATIONAL INC. PAQUIN, MOYER: JEFF VESPA/WIREIMAGE. UNDERWOOD, FISHER: JASON MERRITT/GETTY IMAGES. HAND: DIMITRIOS KAMBOURIS/WIREIMAGE.

SPILL VENT GOSSIP GO!



Paul Rudd put $20 under his son's pillow (he claims he didn't have a smaller bill) when he lost a tooth. Now, he says, other parents hate him!

WE ASKED REDBOOKMAG.COM READERS: **HOW MUCH DOES THE TOOTH FAIRY LEAVE AT YOUR HOUSE?**

less than **$3** said 72 percent.

$3 to **$5** said 19 percent.

more than **$5** said 9 percent.

WOW, THAT WAS EMBARRASSING!

"I was finally reaching a friendly level with an ex who had a sweet tooth, and when I got carried away with some holiday baking, I decided to offer him some. Too bad I mistyped the text and invited him over to check out my 'naked' goods." —A.C., NEEDHAM, MA

"On my way to work, a man told me my skirt was undone. I reached back for the clasp, felt it was fastened, and shrugged him off as a weirdo. Then I got to my office and saw that the bottom half of the zipper had broken and that there was, in fact, a gaping hole exposing my entire butt. I sat in the bathroom until a colleague brought me one of her skirts from home." —K.W., NEW YORK CITY

"I made lunch plans for a Wednesday at noon. My friend's chronically late, but when 12:30 rolled around without a call, I left her an angry message saying I was tired of always waiting on her. It wasn't until the waitress told me the Tuesday specials that I realized what day it was." —A.M., VIA FACEBOOK

For a monthly premium, WedLock Divorce Insurance gives you money for expenses if you break up. **A brilliant idea or the end of romance?**

63% IT'S THE END!

"Marriage is a lifetime adventure; we shouldn't predict its demise before even beginning the journey." —SHANNON MCCAULEY, PHILADELPHIA

"If you're worried enough to take out one of these policies, it isn't time to get married." —STEFANIE SCHMIDT, LAS VEGAS

"The concept is ridiculous. Instead of navigating the challenges that arise, an out is created to make it even easier to ditch your spouse! What ever happened to working on your problems as a team?" —JENNIFER LAYNE, MILTON, WV

37% BRILLIANT

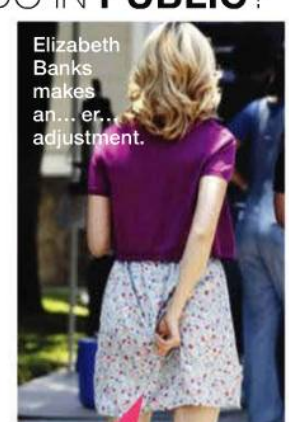
"Excellent idea. Love is about romance, but marriage is a business arrangement." —CHARLENE WHEELER, NORTH SYRACUSE, NY

"I would absolutely go for it. Everything in life is a gamble—why not cover your bet?" —CHERI AMBROSE, EAST HANOVER, NJ

"I believe in romance, but I also believe in being prepared." —JANE SELLMAN, BALTIMORE

MANNERS, PLEASE

WHAT IS THE **GROSSEST** THING A PERSON CAN DO IN **PUBLIC**?

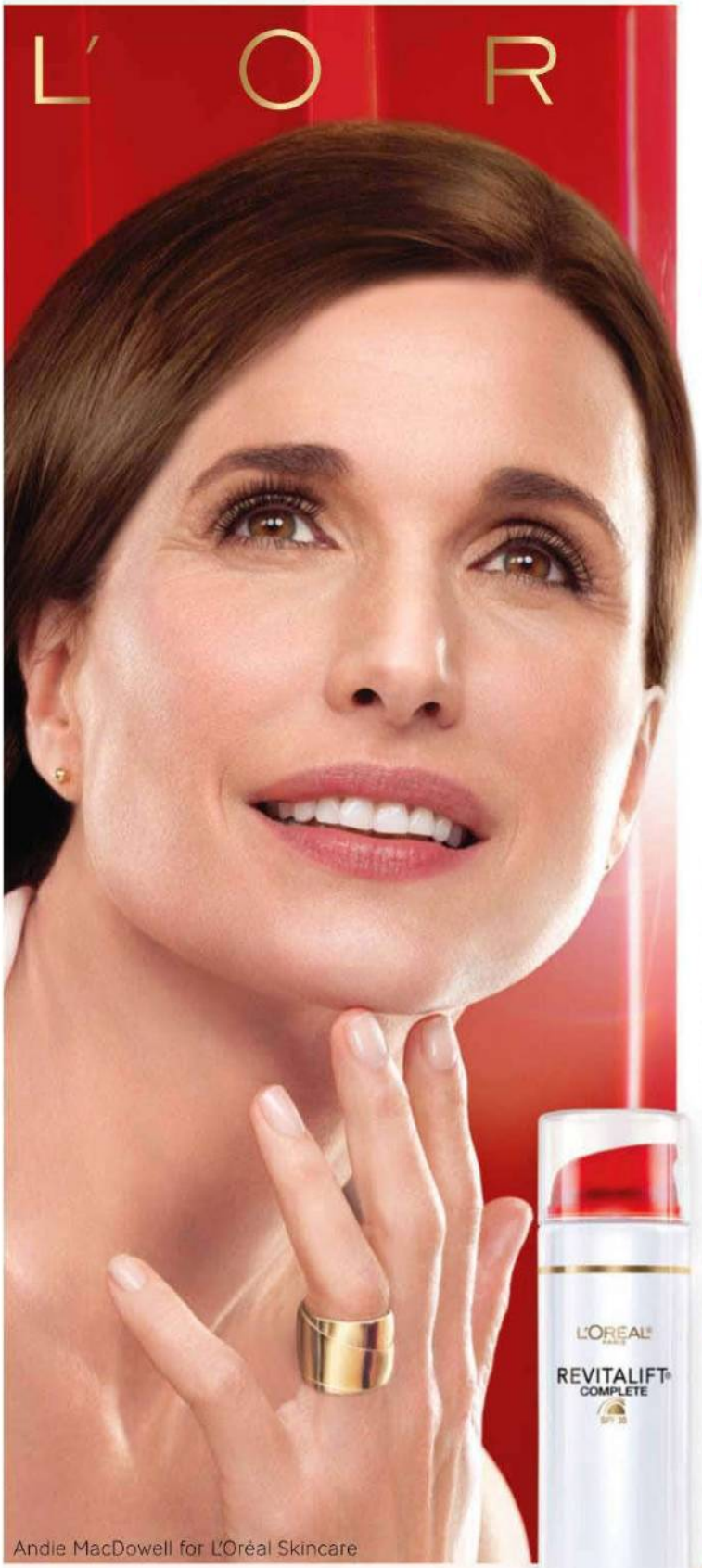


Clip their nails 24%
Floss their teeth 42%
Pick a wedgie 32%
Put on makeup 2%

RUDD: JON KOPALOFF/FILMMAGIC. BANKS: MATT SYMONS/PACIFICCOASTNEWS.COM. FAIRY, BILL, SIGN, CUPCAKES: ISTOCKPHOTO.COM. BULB: MATTHIAS KULKA/CORBIS. THUMBS: DORLING KINDERSLEY/GETTY IMAGES.

L'ORÉAL PARIS

SKIN-EXPERTISE®



Andie MacDowell for L'Oréal Skincare

Now defend against PHOTO-AGING: The #1 cause of wrinkles.

Deflect damaging light to stop photo-aging & Repair past damage.

NEW

REVITALIFT®

PHOTO-AGING REPAIR

Every time light touches your skin, it causes more wrinkles. It's called photo-aging.

That's why L'Oréal's RevitaLift brings you our strongest photo-aging defense ever.

It deflects damaging UVA/UVB light away from your skin with SPF 30. Simultaneously, it helps repair wrinkles from past damage with Pro-Retinol A + Elastin.

Only possible from the #1 anti-wrinkle brand worldwide.*

Can I help you find the perfect skincare regimen?
Go to lorealparis.com/canihelpyou

©2010 L'Oréal USA, Inc.

*RevitaLift #1 Anti-Wrinkle Brand based on 2009 Nielsen's, IRI, SRI results in 49 countries. Accounts for 91% of Worldwide GDP.

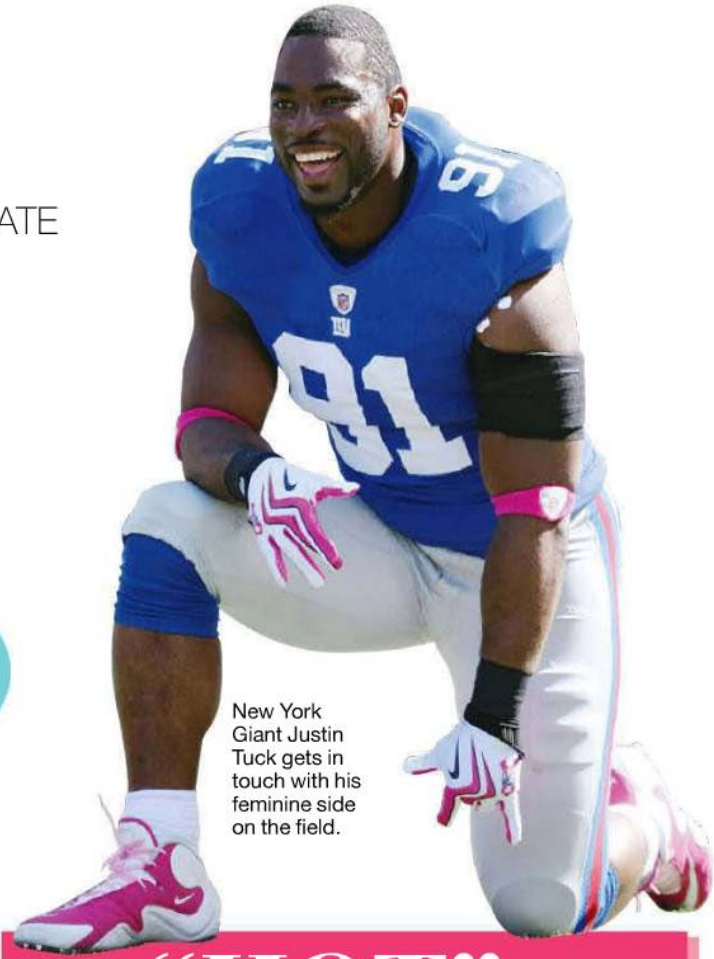
L'ORÉAL PARIS
Because you're worth it™

SPILL VENT GOSSIP GO!

I LOVE YOU, BUT...

WOULD YOU SLEEP IN A SEPARATE BED FROM YOUR SPOUSE?

- **I WOULD NEVER!** 46%
- **WE DO IT EVERY NIGHT** 20%
- **I WOULDN'T MIND IT** 18%
- **IT HAPPENS EVERY SO OFTEN** 16%



New York Giant Justin Tuck gets in touch with his feminine side on the field.

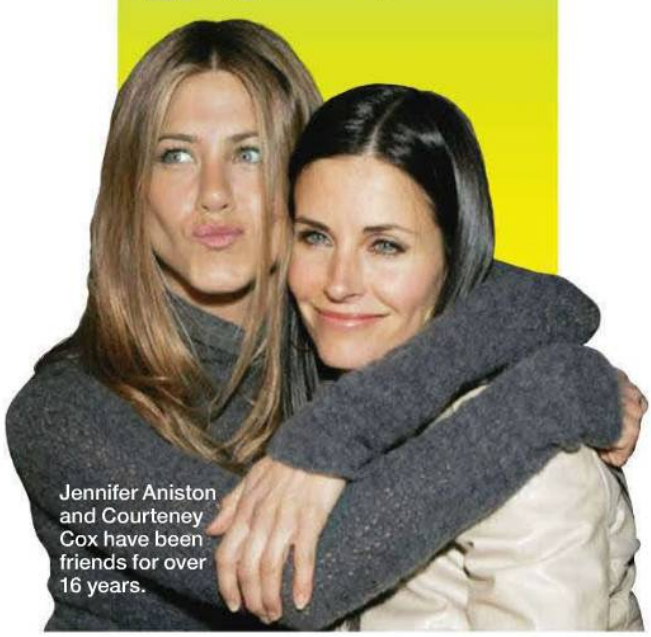
"HOT"

That's how 72 percent of you describe seeing a tough guy wearing pink, like many NFL players will be doing in honor of Breast Cancer Awareness this fall.

WE WANNA KNOW:

How long have you been close to your BEST friend?

- **12%** Since college
- **17%** Met in the last 10 years
- **24%** I don't have just one best friend
- **47%** Since grammar school

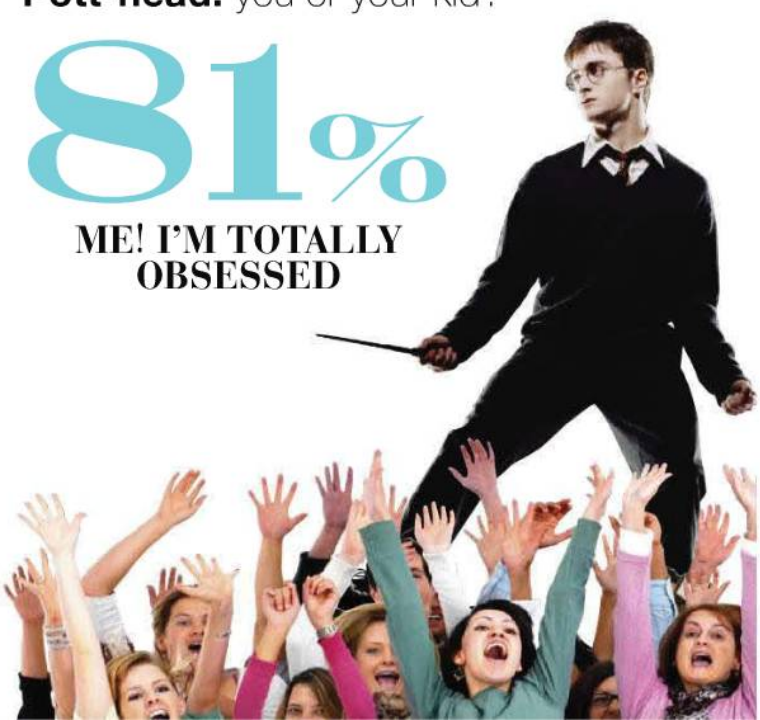


Jennifer Aniston and Courteney Cox have been friends for over 16 years.

Harry Potter and the Deathly Hallows Part I is out this month. When it comes to this beloved series, **who's the bigger Pott-head:** you or your kid?

81%

ME! I'M TOTALLY OBSESSED



PHOTOS, CLOCKWISE FROM TOP LEFT: BETTMAN/CORBIS; PAUL SPINELLI/AP IMAGES; WARNER BROS./COURTESY EVERETT COLLECTION; MOMENTIMAGES/GETTY IMAGES; ALBERTO E. RODRIGUEZ/GETTY IMAGES. RIBBON ILLUSTRATION BY ASHLEY J. BARNES.

ADVERTISEMENT

ENTER TO WIN!* Go to Spiegel.com to enter the Spiegel Signature Style Sweepstakes. Five lucky winners will each receive $500 towards a Spiegel wardrobe.

ADVERTISEMENT

SIGNATURE SEQUINED CASHMERE DRESS, **$99**

BEADED BIB NECKLACE, **$39**

SIGNATURE SEQUINED CASHMERE SCARF, **$99**

SIGNATURE SEQUINED CASHMERE TANK, **$79**

RELAXED GLAMOUR

ART DECO CLUTCH, **$249**

GLAMOROUS GIFTS

For those who believe clothes don't make the woman (but know it's a good place to start).

SPIEGEL SIGNATURE GIFT GUIDE...SPIEGEL SIGNATURE GIFT GUIDE...SPIEGEL SIGNATURE GIFT

CROPPED QUILTED LEATHER JACKET, **$169**

LEOPARD-TRIM LEATHER GLOVES, **$39**

CROPPED FAUX-FUR JACKET, **$79**

NATURAL SOPHISTICATION

FEDORA HAT, **$24**

RALPH LAUREN HARDCOVER BOOK, **$135**

NATURAL GIFTS

For the woman with a sense of adventure, an attraction to the exotic and a love of nature.

RHINESTONE WATCH, **$44**

SILK TIE-NECK TOP, **$59**

CHANEL 3-BOOK HARDCOVER SET, **$50**

SIMPLE CHIC

TWEED CROPPED JACKET, **$79**

CHIC GIFTS

Must-give presents for those who'd rather have one perfect anything than lots of "almosts."

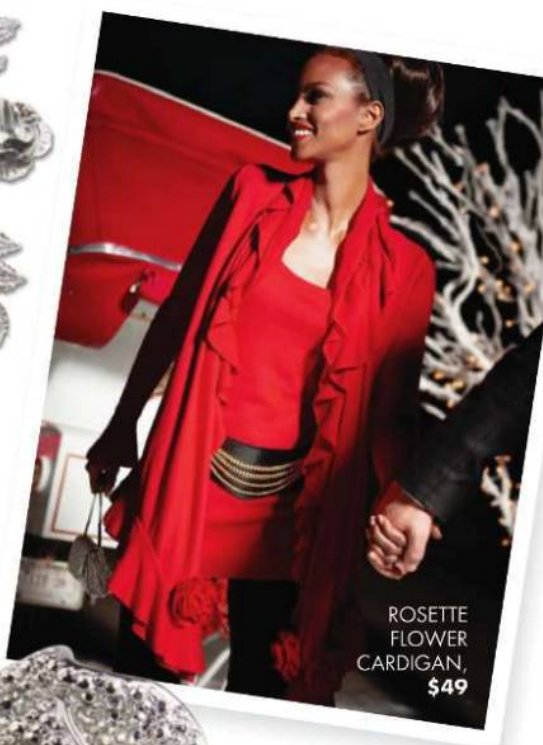
CABBIE HAT, **$24**

GUIDE...SPIEGEL SIGNATURE GIFT GUIDE...SPIEGEL SIGNATURE GIFT GUIDE...SPIEGEL SIGNATU

MODERN ROMANTIC

METAL FLOWER NECKLACE, **$24**

RUFFLE ROSETTE PIN, **$9**



ROSETTE FLOWER CARDIGAN, **$49**

LACE CAPELET, **$34**
RIB-KNIT TEE, **$15**

STRETCH FLOWER RING, **$19**

ROMANTIC GIFTS

Perfect finds for the woman who is flirty, feminine and anything but frilly.

ADVERTISEMENT

RHINESTONE SQUARE WATCH, **$49**

ELEGANT GIFTS

Know someone born with the good-taste gene? These gifts will charm any woman who always gets it right.

SWEATER & SCARF SET, **$49**

METALLIC PEARL NECKLACE, **$44**

FAUX-FUR COLLAR, **$29**

FLEECE CAPE, **$49**

UNDERSTATED ELEGANCE

...SPIEGEL SIGNATURE GIFT GUIDE...SPIEGEL SIGNATURE GIFT GUIDE...SPIEGEL SIGNATURE GIF

SOLID SQUARE WATCH, **$39**

DEFINITELY DRAMATIC

COLORBLOCK LEATHER GLOVES, **$39**

CASCADE CARDIGAN, **$34**
TANK, **$24**

OVERSIZED STONE RING, **$14**

DRAMATIC GIFTS

High energy, always optimistic. These are the gifts for the woman who's always onstage.

ENTER TO WIN $500 toward a Spiegel wardrobe at Spiegel.com.*

*No purchase necessary to enter or win. Spiegel Signature Style Sweepstakes. Sponsored by Hearst Communications, Inc. Beginning September 15, 2010, at 12:01 AM (ET) through December 15, 2010, at 11:59 PM (ET), go to www.spiegelstylesweeps.com and complete and submit the entry form pursuant to the on-screen instructions. Five (5) winners will receive a $500 Spiegel gift card. Odds of winning will depend upon the total number of eligible entries received. Must be 18 years or older and a legal resident of the 50 United States/District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at www.spiegelstylesweeps.com.

Olay
BODY WASH
ARE YOU PAYING FOR
A BODY WASH THAT'S
85%
WATER?
GET MORE FROM
OLAY ULTRA MOISTURE
BODY WASH.
2X the
combined cleansers
and moisturizers and
25% less water than the
top-selling body wash,
to leave your skin
soft and smooth.
OLAY. CHALLENGE WHAT'S POSSIBLE.™
Olay
ultra moisture
BODY WASH
©2010 P&G

A new foam hair color that won't drip, streak or break your budget.

SAMY® FAT FOAM
HAIR COLOR
$8.97

Available in 10 shades

Only at Walmart until Spring 2011.
This revolutionary foam hair color stays put and doesn't drip. That means no grays, no streaking and no problem getting it right. Learn more at Walmart.com/beauty.

Walmart
Save money. Live better.

The "Spark" Design, Walmart and Save money. Live better. are marks and/or registered marks of Wal-Mart Stores, Inc. © 2010 Wal-Mart Stores, Inc.

50 UNDER $50

INDULGE YOUR SENSES (AND **SAVE** YOUR CENTS) WITH THESE BUYS, PLUS **10 FINDS UNDER 10 BUCKS** AND A GREAT RING THAT COSTS LESS THAN **A LATTE.**

1 This lush scarf looks handmade and keeps you toasty-happy. Scarf, $16.50; oldnavy.com. 2 The graphic design on these plates comes from ancient Egypt but makes you think: future dinner party! Egyptian pattern plate set, $45 for 4; metmuseum.org. 3 Superglam shades (the better to hide my-kid-woke-up-at-5-a.m. eyes). Rendezvous sunglasses, $14; unique-vintage.com. 4 An heirloom-worthy watch at a recession-era price. Geneva watch, $40; tabloidstyle.com. 5 Add a fun burst of color to your couch—without overpowering the room. Lucas 18-inch pillow, $29.95; crateandbarrel.com. 6 Just supremely elegant, the perfect bag to carry at night. Joan Rivers clutch, $37.50; qvc.com. 7 Gorgeously glittery eyeshadows that are as gratifying as a new outfit. Shimmer Strips Custom Eye Enhancing Shadow & Liner in Pop Blue Eyes, $10.95; physiciansformula.com.

STUDIO D. WARDROBE STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES. PLATE: COURTESY OF MANUFACTURER.

Photographed by Greg Marino

50 UNDER $50

GLOW-GETTERS, SHOWSTOPPERS, PLUS TOOLS THAT

8 These votives add romance to a dinner table and make the perfect hostess gift—so much more inventive than soap (and yes, you're allowed to buy them for yourself). "Bright Times" votives, $35 for 4; artecnica.com. 9 Salad prep in a snap: The handy little tossers pop in and out of the bowl. Hands On salad set, $40; SFMOMA MuseumStore, 888-357-0037. 10 One more reason to lock the bathroom door and run a tub, these California-harvested bath salts give you a *spaah!* feeling without the pampered-all-day price tag. 80 Acres bath salts, $24; mcevoyranch.com. 11 Grab a pair of royal-blue heels and watch as your friends stare longingly at them. Booties, $35.50; charlotterusse.com. 12 Add some polish to your fingers, even if you haven't found time for a manicure in months. Nikki ring, $28; rimistyle.com. 13 For the most quietly sexy way to show some skin, try this one-shoulder top in a beautiful emerald green. Top, $49.90; thelimited.com. 14 Because every little black dress needs a totally gorgeous gold necklace. Necklace, $12; afaze.com.

TEALIGHT: CREATA IMAGES/ JUPITER IMAGES.

15 Big enough to tote your whole life but plenty cute for evening, this purse is made of washable (yes, throw-it-in-the-machine) suede. Lizden bag, $47.50; qvc.com. 16 A vest that's as warm as a sleeping bag but actually flatters, thanks to the tie waist. Norma Kamali for Walmart vest, $30; walmart.com. 17 Shimmery lipstick as pretty as the superexpensive kind. Maybelline Color Sensational Pearls Lipcolor in So Pearly, $6.99; ulta.com. 18 Slightly floral, slightly fruity, Mark's über-pretty fragrance is light enough for every day. Celebrate eau de toilette, $25; meetmark.com. 19 The quickest, chicest strategy for giving yourself an hourglass shape. Belt, $24.95; hm.com for store locations. 20 Another way to wear scent on your wrist: This fun bracelet holds solid perfume! Lola Marc Jacobs solid perfume bracelet, $45; sephora.com. 21 Welcome people before they even ring the doorbell with an extra-stylish mat. Winter Berry doormat, $32; garnethill.com. 22 This cheery plaid spoon set might entice your picky toddler to try a leafy green. Multiplaid salad servers, $15 for 2; frenchbull.com.

VOTIVE, SPOON: COURTESY OF MANUFACTURERS.

50 UNDER $50

23 If this doesn't lift your mood on a rainy day, we don't know what will. Umbrella, $25; unique-vintage.com. 24 A pendant with a Turkish vibe telegraphs "posh bohemian heiress" in the best possible way. Necklace, $24; lulus.com. 25 Pair this with a flowered dress and boots or with jeans and a turtleneck. Any tactic you take, it's instant (faux!) luxury. Merona for Target vest, $39.99; target.com. 26 All the most flattering makeup shades, without the overstuffed cosmetic case. "Make an Impression in Moscow" travel palette, $10; stilacosmetics.com. 27 The designer collaboration we're most excited about: Mulberry bags (a celeb staple) made in *our* price range! Mulberry for Target bag, $49.99; target.com. 28 An eggplant-hued bud vase is the perfect place to put your favorite fall flowers. Zarha purple vase, $10.95; crateandbarrel.com. 29 This delicate necklace is pretty on its own or paired with other chains for a cool layered look. Necklace, $46; robynrhodes.com. 30 A stunningly refined wool dress—in camel, the season's hottest color—to take you from "just woke up" to "pulled together" in seconds. Merona for Target dress, $29.99; target.com. 31 Simple, lipstick-red heels are the number-one weapon in any smart bombshell's arsenal. Pumps, $25.50; charlotterusse.com.

VASE: COURTESY OF MANUFACTURER.

LOCK-IN MOISTURE.
BLOCK-OUT DRYNESS.
NEW
UNIQUE
GEL-CREAM MOISTURIZER
GARNIER
Moisture Rescue
Refreshing Oil-Free Gel-Cream
24 hours of refreshing hydration
for a light price, $7.99* or under
Take care.
GARNIER
garnierUSA.com
*Suggested retail price.

50 UNDER $50

THE GOODS YOU NEED TO GET COZY AND LOOK HOT!

32 Flat-out awesome booties: They make anything else you've got on look like a million bucks. Booties, $35.50; charlotterusse.com. 33 A cherry-colored lamp that's like candy for a bedside table. Ljusas Uvas lamp, $39.99; ikea.com. 34 This diffuser would be pretty in the bathroom or living room and delivers a yummy citrus scent. Project Art by Nest Fragrances Orange Kumquat Reed Diffuser, $22.99; bedbathandbeyond .com. 35 Snuggle yourself in a scarf—designed by *Mad Men* costume designer Janie Bryant—that exudes early-'60s chic (and no, it isn't real). Janie Bryant scarf, $34.50; qvc.com. 36 A cloche hat always looks snappy, even in truly foul weather. Mossimo for Target cloche, $14.99; target .com. 37 Leave a set of cheery spice jars on your counter for extra color and easy access to the oregano. Italian ceramic spice jars, $5.95 each; surlatable.com. 38 After a long day of screen-staring, child-wrangling, and traffic-navigating, put these on your eyes for a much-needed time-out. Classic Chillin' Cucumber, $10; eyecandycoolers.com. 39 A set of glosses to match any outfit, and any mood. Lip Pics Kit in Brites, $35; sennacosmetics.com. 40 Hello, sunshine! This top is about to become your date-night best friend. Merona for Target blouse, $22.99; target.com.

LAMP: COURTESY OF MANUFACTURER.

L'ORÉAL®
PARIS
RADIANT COLOR IN RECORD TIME.*
10 MINUTES to Rich Color.
10 MINUTES to Better Conditioned Hair.**
"Don't always have the time to color your hair? Now you do!"
Eva Longoria
Excellence to-Go™
10 MINUTE Creme Colorant
L'ORÉAL PARIS
3 NATURAL
Excellence to-Go
10 MINUTE Creme Colorant
Rich, Radiant Color. Better Conditioned Hair. No Grays. No Dry Out. No Waiting.
1 DEVELOPER
Eva Longoria is wearing shade 3, Natural Black. ©2010 L'Oréal USA, Inc.
*Shortest application time for L'Oréal Permanent Haircolor. **Hair looks and feels better than before colored.
L'ORÉAL PARIS
Because you're worth it™
Find your perfect shade.
Visit lorealparis.com/canihelpyou for your personal consultation.
EVERPURE
SULFATE-FREE
COLOR CARE SYSTEM
Keeps color pure for up to 32 washes.

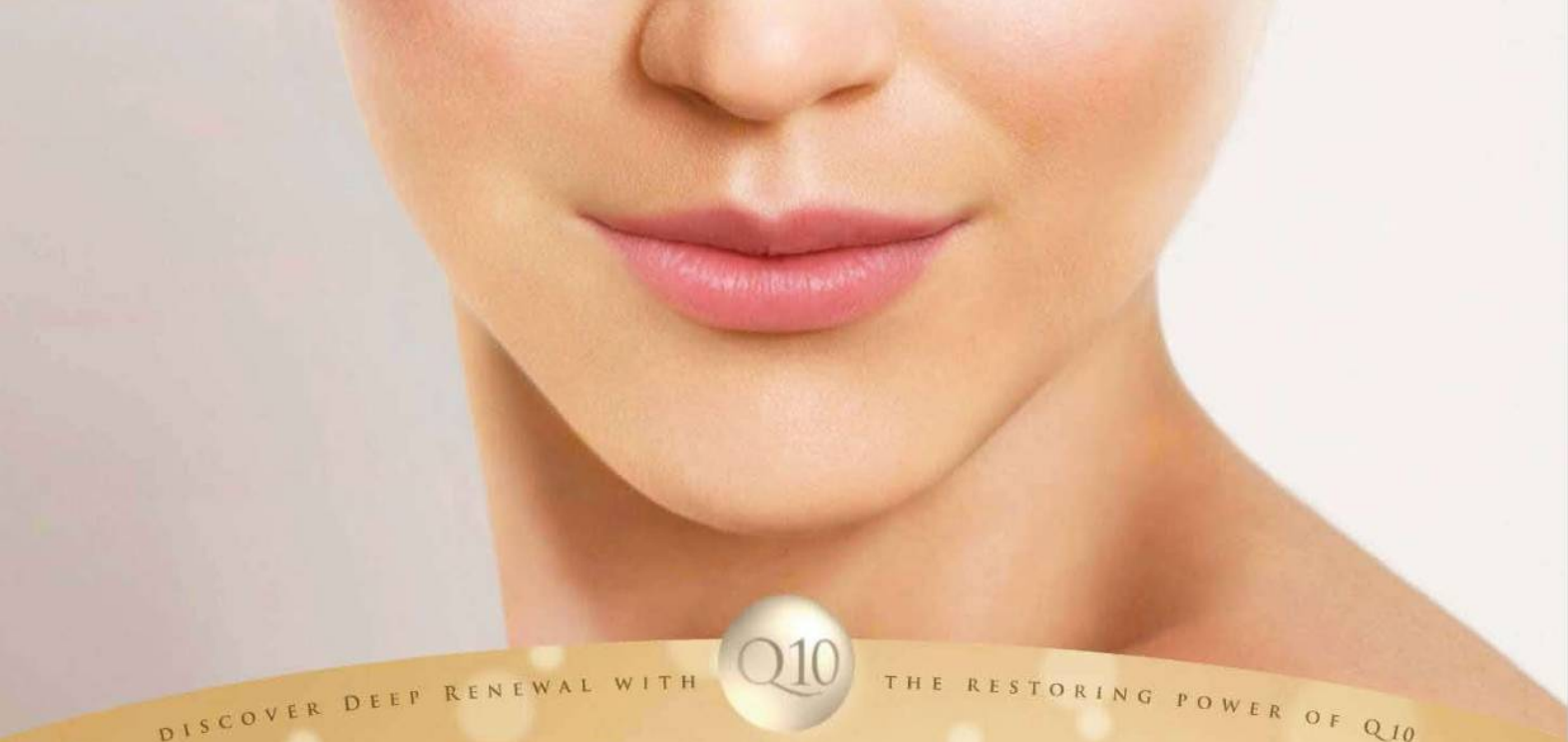
LUXE ITEMS, **LITTLE PRICE TAGS.** WHAT'S NOT TO **LOVE?**

41 A glorious tangle of chains to instantly dress up a sweater. Necklace, $9.80; forever21.com. 42 This glinty red nail polish is exactly vampy enough. Nail enamel in Sugar Sugar, $1.99; sinfulcolors.com. 43 Throw one of these in the tub and let the stress slip away. Fizzy bath cubes, $2 each; yvesrocherusa.com. 44 Brilliantly unsticky: It's the most indulgent version of lip balm. Wild Strawberry Nourishing Lip Balm, $6; yvesrocherusa.com. 45 And *now* you will have a good hair day. Goody black buckle headband, $6.49; target.com. 46 Absolutely no mistaking this for your husband's razor! PalmPerfect razor in Hollywood Glam, $9.99; cliostyle.com. 47 A lacy place mat that can withstand the morning rush. Flower felt place mat, $6; kikkerlandshop.com. 48 A honkin' ring that still manages to feel elegant. Ring, $8; afaze.com. 49 Whoever said tea was stodgy clearly wasn't using this strawberry-shaped infuser. Trudeau silicone tea infuser, $7.50; laprimashops.com.

PLUS THE BEST $4 YOU'LL SPEND THIS MONTH

Is this your great-grandmother's most prized possession, passed down to you? Or a one-of-a-kind vintage piece you discovered after hours of picking through bins at the thrift store? Nope. But we won't tell. Ring, $3.80; forever21.com.

INFUSER, PLACE MAT: COURTESY OF MANUFACTURERS.



DISCOVER DEEP RENEWAL WITH Q10 THE RESTORING POWER OF Q10

My bliss? Younger looking lips in just four weeks.

My Blistex® Deep Renewal.
It's the anti-aging lip treatment clinically proven to reduce fine lines and wrinkles. Its advanced formula contains coenzyme Q10 and hyaluronic spheres to moisturize, protect and renew. It actually improves lip health and vitality, while helping them look fuller and younger.

Clinically Proven Effectiveness	Immediate	After 24 hours	After 4 weeks
Reduces dryness	✓		
Diminishes appearance of fine lines and wrinkles	✓		
Increases luster and radiance	✓		
Reduces the level of damaging free radicals		✓	
Reduces number and depth of fine lines and wrinkles (with daily use)			✓

© 2010 Blistex Inc. Use as directed.

Discover Bliss. Discover Blistex®

FREEBIES!

$262,834 of free stuff

All-inclusive family getaway

1 reader will land a 3-night trip for 4 to newly renovated Club Med Sandpiper Bay in Port St. Lucie, FL. The trip includes all meals, beverages, sports, and activities, plus $600 in airfare vouchers. Total retail value, $3,000.

Supercharged antiagers

10 readers will each win Borba's Advanced Aging Kit, with antioxidant-infused SPF 45 daytime moisturizer, recovery overnight cream, and SPF 25 hand cream. Value of set, $160.

The beauty, fashion, home, and tech stuff you lust after… for nada. **Plus a great trip!** Enter at redbookmag.com/freebies.

The prettiest bangle

4 readers will each get a bangle bracelet from Nina Basharova, made of reclaimed sterling silver and your choice of gemstone. Value of each, $380.

All new makeup colors

20 readers will each score an Estée Lauder Pure Color Five Color Eyeshadow Palette in Extravagant Gold and 2 Pure Color lipsticks in Extravagant Red and Extravagant Berry. Value of set, $86.

A major wardrobe

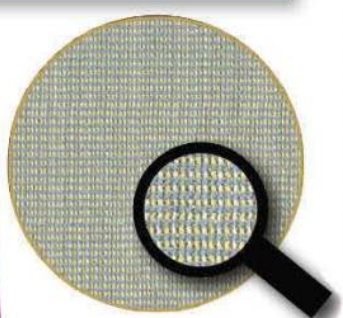
1 reader will get to shop for $1,500 worth of clothing by Bradley Bayou, Dennis Basso, and *Project Runway* alum Chloe Dao on qvc.com. Total retail value, $1,500.

WIN $250,000 IN COLD, HARD CASH

Last year, 1 lucky REDBOOK reader walked away with $100,000. Now the pot is more than twice as big! For your chance, enter at win250k.redbookmag.com. See page 239 for details.

Such a cool way to wake up

6 readers will each win a JBL OnTime 200P iPod dock–alarm clock, so you can rise and shine to your favorite tunes. Value of each, $249.



The gorgeous rug *you* design

4 readers will each win a $500 gift certificate to theperfectrug.com, where you can choose from hundreds of materials to create a rug of any size or shape. Value of each, $500.

PHOTOGRAPHED BY MARKO METZINGER/STUDIO D. CLOCK, RUG: COURTESY OF MANUFACTURERS. CLUB MED: COURTESY OF RESORT.

FOR DETAILS, SEE PAGE 239. (NO PURCHASE NECESSARY.)

L'ORÉAL® PARIS
IS YOUR COLOR PROTECTED WITH
THE #1 SULFATE-FREE
COLOR CARE SYSTEM?*
EVERPURE
SULFATE-FREE
COLOR CARE SYSTEM™
KEEPS COLOR PURE
FOR UP TO 32 SHAMPOOS.
L'ORÉAL PARIS HAIR EXPERTISE
EVERPURE
SULFATE-FREE COLOR CARE SYSTEM
ROSEMARY JUNIPER
MOISTURE SHAMPOO
ANTI-FADE SYSTEM
NO HARSH SALTS
NATURAL BOTANICALS
L'ORÉAL PARIS HAIR EXPERTISE
EVERPURE
SULFATE-FREE COLOR CARE SYSTEM
ROSEMARY MINT
MOISTURE CONDITIONER
ANTI-FADE SYSTEM
UV FILTERS
NATURAL BOTANICALS
L'ORÉAL
EVERPURE
SULFATE-FREE COLOR CARE SYSTEM
MOISTURE LEAVE-IN CONDITIONER
*Based on IRI (unit sales) data in US food, drug and mass market retailers (excluding Walmart) during 1/1/09 - 5/16/10.
©2010 L'Oréal USA, Inc. lorealparis.com
Can I Help You?
Visit lorealparis.com and click on CAN I HELP YOU? for your personal consultation.

The result of trusting our counter intuition.

It's counterintuitive to think that a full-size luxury SUV could drive like a sedan. Yet that's exactly how the revolutionary suspension system* in the all-new Infiniti QX feels. You wouldn't expect an engine that generates 25% more power to use 14% less fuel.** But that's what VVEL technology does. Convention says it can be difficult to see while parking a full-size SUV. Yet with the world's first Around View™ Monitor†, the QX gives you a virtual 360-degree, bird's-eye view of your surroundings. This is inspired performance. This is the way of Infiniti.

Learn more at InfinitiUSA.com.

*Available. **Compared against prior generation V8 engine. †The Around View™ Monitor is a parking aid and cannot completely eliminate blind spots or warn of moving objects. Always check your surroundings before moving the vehicle. Always wear your seat belt, and please don't drink and drive. ©2010 INFINITI.

INFINITI.

Inspired Performance™

BEAUTY & HEALTH

INFO TO HELP YOU **LOOK** AND **FEEL GREAT**

JOERG STEFFENS/CORBIS.

ALL THE TRICKS FOR:

gorgeous skin, instantly

● Foundation for women who don't like foundation ● The pro tool that *erases* flaws ● The product that makes celebs look younger

ALL THE TRICKS

1. CHOOSE PERFECT-MATCH MAKEUP

IN THE DEPARTMENT STORE...

Being able to try before you buy is the big plus, so trot on outside to make sure you have the exact right color. "Test a couple of shades near your jawline, then walk outdoors to see the match in daylight," says New York City makeup artist Maria Verel. "Whichever disappears into your skin is the winner."

Make Up For Ever HD Invisible Cover Foundation, $40, offers 25 shades, with lots of options for darker skin tones—an area where many brands fall short.

IN THE DRUGSTORE...

Going for a drugstore brand saves money—unless you have to purchase bottle after bottle searching for the right color. Make the process easier by stopping first at a department store and finding your best match. Go ahead and leave without making a purchase. (No one's judging, we swear.) Then log on to lorealparis.com or covergirl.com, type in your department-store brand and shade, and presto! Both sites will suggest a similar drugstore formula.

Shades of L'Oréal Paris Visible Lift Serum Absolute Makeup, $15, and CoverGirl Clean Liquid Makeup, $6, match up to much pricier brands.

3. USE THE NEW TOOL THAT MAKES ALL THE DIFFERENCE

We've always felt that foundation brushes were better left to the pros—fingers and sponges seem easier—but the Stila #33 One Step Complexion Brush, $32, changed our minds. One end has a large brush with domed bristles, great for blending and easier to wield than a traditional flat brush, while the other side holds a mini version that's good for getting concealer into spots like the sides of your nose and the inner corners of your eyes. For the most pro-like application, squeeze your foundation onto the back of your hand to warm it, then dip your brush in.

2. GET GLOWY

"Exfoliating weekly gets rid of uneven skin texture, which can make foundation look blotchy," says Verel, who works with the astoundingly ageless Diane Sawyer. "Plus, your skin will glow, so you'll need less makeup in the first place." Try H2O+ Sea Clear Refining Facial, $22.

Foundation's got a new finish, and Jennifer Lopez and Angelina Jolie are loving it.

4. CUT DOWN THE SHINE

These days makeup artists are all about natural matte, or "natte," foundation. The finish is miles away from the powdery matte that ruled the '90s, but it's not quite dewy, either. "With this new matte, your skin still looks healthy and radiant, but you eliminate excess shine on the areas of the face that reflect light, like the forehead, chin, nose, and apples of the cheeks," says makeup artist Troy Surratt, who works with Charlize Theron. To nattify your look without buying a new foundation, dust powder on your T-zone, leaving your cheeks more luminous.

For a "natte" look, try Bobbi Brown Illuminating Finish Compact Foundation SPF 12, $40.

5. TAKE YOURSELF TO A WINDOW!

Applying your makeup in daylight will help you see any unintentional splotches. If your bathroom doesn't have a window, use a full-spectrum fluorescent bulb: They're what makeup artists use to mimic natural light.

6. IF YOU'RE JUST NOT A FOUNDATION PERSON...

Give tinted moisturizer a shot. "Think of it as the younger, thinner sister of foundation," Surratt says. These formulations are as easy to slap on as face lotion; they moisturize, protect with SPF, and leave a nice hint of coverage. Try Sonia Kashuk Radiant Tinted Moisturizer SPF 15, $13, and Sue Devitt SpaComplexion Tinted Moisturizer SPF 15, $40.

JOLIE: JASON MERRITT/GETTY IMAGES. LOPEZ: DARIO ALEQUIN/INFPHOTO.COM. MAKE UP FOR EVER: PHOTOGRAPHED BY MARKO METZINGER/STUDIO D. BULB: ISTOCKPHOTO.COM. ALL OTHERS: PHOTOGRAPHED BY JEFFERY WESTBROOK/STUDIO D.

By Alyssa Klosky Hertzig

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

Available at Macy's
and macys.com
ULTRA PERFECT
Set your sights on perfect looking skin. Experience dramatic anti-aging results backed by 20 years of scientific expertise and patented technology. Relax the appearance of surface lines, target deeper wrinkles and support essential collagen for skin that looks smooth, young, luminous - and up to 408% more moisturized.*
Ceramide
Plump Perfect Ultra
Exclusive CPT technology for Day with SPF 30 and now available for Eyes and Night.
NEW INNOVATIONS FROM CERAMIDE
Elizabeth Arden
Est. 1910
*Clinical test with Ceramide Plump Perfect Ultra All Night Repair and Moisture Cream on 30 women. Results may vary. ©2010 Elizabeth Arden, Inc.
ElizabethArden.com

BEAUTY CONFESSIONS

WEIRD MOLES, ODD HAIRS, BEAUTY HANG-UPS—**YEAH, WE'VE ALL GOT 'EM.** BUT WE'VE ALSO GOT **BEAUTY DIRECTOR CHERYL KRAMER KAYE** TO HELP.

I'll go first.... Back when I was a '70s latchkey kid, I watched a lot of TV, and there was a commercial that asked, "Do you have simple, chronic halitosis?" I saw it so many times that I started to believe that "yes, I do have bad breath! I *know* I do!" To this day, I live with low-level anxiety about it. My dentist, Michael Apa, D.D.S., assured me that if I had something to worry about, he would've told me. But for general breath jitters, he suggested an alcohol-free mouthwash (alcohol can dry out your mouth and exacerbate the issue) in addition to regular brushing and flossing. And for those times when I'm feeling particularly insecure, Apa says to chew gum, which stimulates saliva to cut down on bad breath, real or imagined.

Tom's of Maine Wicked Fresh Mouthwash, $5; The Natural Dentist Healthy Gums Mouth Rinse, $7.

Okay, this is going to sound freakish, but I have two webbed toes that share one toenail. Should I avoid pedicures so I don't draw attention to it?" —C.S., 43

Whenever we're choosing a model for a pedicure story, I can't get over how strange even the foot models' "perfect" feet look. **The fact is, everyone has weird feet—feet are weird!** Trust me, no one else will notice yours. So treat yourself to an indulgent pedi and paint your toes in a color that makes you happy. Right now I'm loving the bold and bright CND Electric Orange, $9, left, and the super-sophisticated Chanel Rouge Fatal, $23, a warm, rich red.

When I was getting my eyebrows done, my Eastern European waxer lady said to me, 'What should we do about your *leeps*?' I don't have a moustache—just a few dark hairs. Should I be waxing them?" —S.G., 34

No way, no how should you be (ouch!) waxing for a few stray dark hairs. **Tweeze them if they bother you,** but keep in mind that no one else has the critical eye (or, apparently, the tactless tongue) of your waxer.

Betsey Johnson Designer Series Tweezerman tweezers, $25.

My friend gets terrible Botox. How can I tell her?" —J.H., 38

I'm a huge fan of Botox—when it's done right. But when things go awry, I'm the friend who always gets nominated to break the news. I'd go with a simple and privately uttered, "Oh, honey, I think the doctor overdid it this time." If you can't stomach that, **wait until she looks less frozen (Botox loses its effect in about three months)**, then say excitedly to her, "Did you just have something done? I dunno, something seemed a little off for a while there, but now you just look *great!*"

OMG! BEST THING EVER

Someone just asked me if I'm doing okay today. Like, in a "you look like crap" kinda way. And I realized what the problem was: I forgot my faux glow. Peter Thomas Roth makes a moisturizer with light-diffusing particles that I've worn every day since it showed up at the office. It doesn't look like makeup—just like you have life to your skin and light around your eyes. Needless to say, I've got it on now.

Peter Thomas Roth Illuminating High Definition Moisturizer, $48, lights up my life.

Got a dirty little beauty secret? 'Fess up at confessions@redbookmag.com. (Please include your initials and age.) Your secret could appear in REDBOOK!

CHERYL: PHOTOGRAPHED BY PETER BUCKINGHAM. MOISTURIZER: PHOTOGRAPHED BY DAVID LEWIS TAYLOR/STUDIO D. SYRINGE: VEER MARKETPLACE. ALL OTHER STILLS: PHOTOGRAPHED BY JEFFREY WESTBROOK/STUDIO D.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

New Suave Naturals lotions smell just as amazing as Bath & Body Works* at a much softer price.

For long-lasting nose bliss, from Mango Mandarin to Wild Cherry Blossom, wrap yourself in one of our silky new lotions. Choose your favorite and layer it with one of our matching body washes for a total scent experience.

Rethink specialty store fragrances

Suave

©2010 Unilever *Bath & Body Works® is a registered trademark of Bath & Body Works Brand Management, Inc.

9 FABULOUS BEAUTY FINDS THAT MAKE A MAJOR IMPACT—IN A MINUTE OR LESS.

1 **Quick slick lips** Just one swipe of this sheer coral gloss is all you need for a perfectly soft and shimmery smile. NP Set Luscious Lip Shine in Honolulu, $15.

2 **On-the-go hair gloss** Break open one capsule anytime, anywhere, for a hit of smoothing serum. Avon Advance Techniques Daily Shine Capsules, $8.

3 **Easy on the eyes** Wear these already-color-coordinated shadows alone or layered together for a vibrant effect. Mark Seeing Stripes Eye Color Trios in Violet Riot and Baby Blues, $6 each.

4 **Build your body** Give fine, flat hair a quick allover plumping with Oscar Blandi Hair Lift Instant Thickening & Strengthening Serum, $35.

5 **Fast skin fix** Just a spritz of Clinique Moisture Surge Face Spray, $20, delivers serious hydration to dry, tired skin.

6 **Flush in a flash** This blush's mousse-like texture makes it so simple to apply, you can practically put it on in the dark. Laura Geller Air Whipped Blush in Whisper Petal, $25.

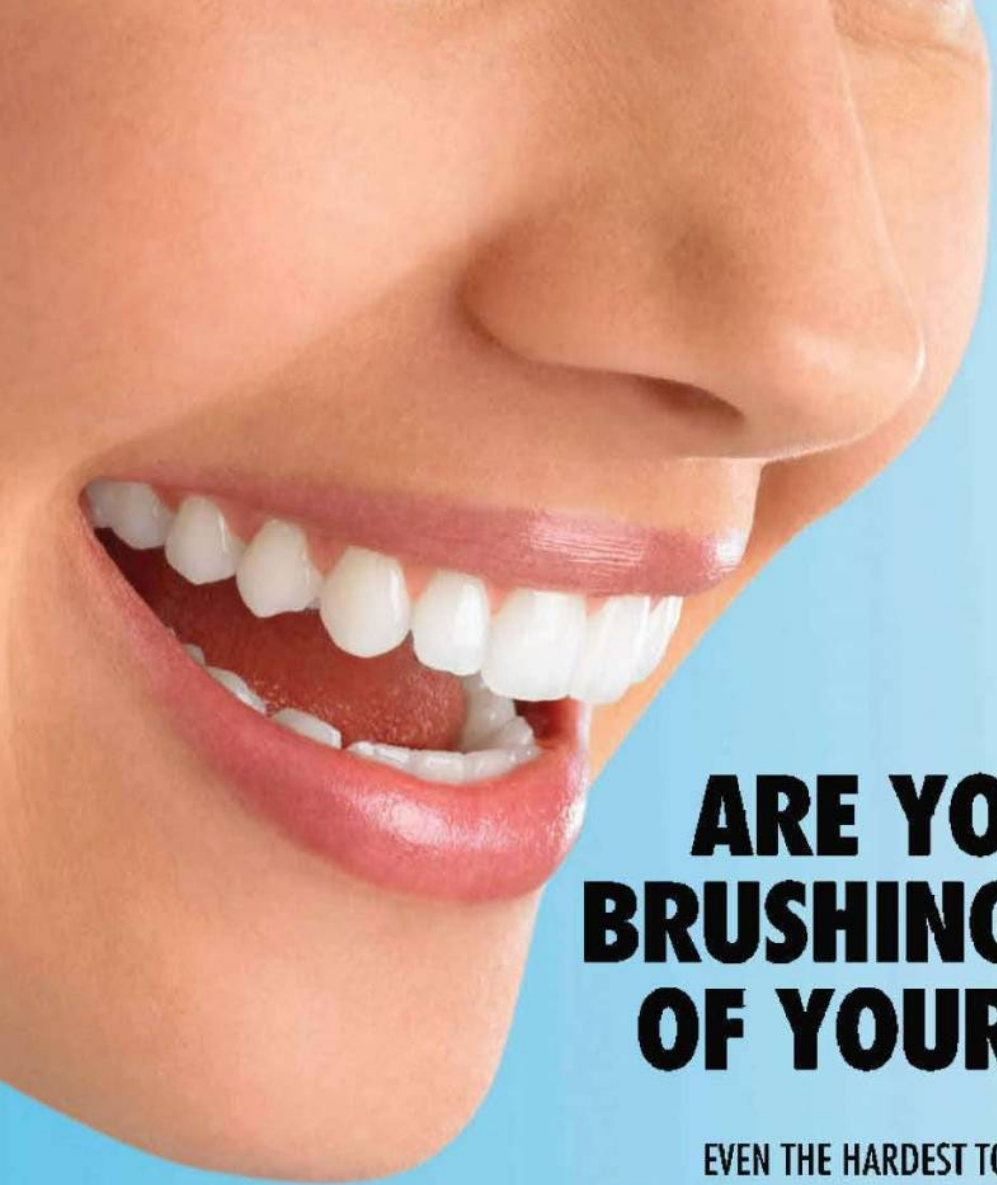
7 **Shortcut to cool** Changing your nail color is the fastest way to try on a trend—and this fall, it's all about deep, rich metallics. We're loving Nars Vintage Nail Polish in Mash, $16.

8 **Pick-me-up perfume** Feeling blah? Try a shot of Clarins Eau des Jardins, $48, scented with feel-good notes like grapefruit and mint.

9 **Automatic SPF** Dust this translucent powder sunscreen over your makeup for a no-excuses midday application. Colorescience Mineral Powder Sun Protection SPF 50 Brush, shown in Medium, $60.

PHOTOGRAPHED BY JEFFREY WESTBROOK/STUDIO D. EYESHADOWS: PHOTOGRAPHED BY MARKO METZINGER/STUDIO D.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.



ARE YOU BRUSHING ALL OF YOUR TEETH?

EVEN THE HARDEST TO REACH PLACES?
DEEP DOWN • IN BETWEEN • ALONG THE GUM LINE

ARM & HAMMER™ ADVANCE WHITE™ WITH
BAKING SODA REMOVES UP TO **5X MORE PLAQUE.***

IT'S THE SECRET TO A DEEPER CLEAN.

TRY IT FREE FOR A WEEK
Go to armandhammertrial.com

*In hard-to-reach places vs. regular toothpaste. Data on file.

SWITCH TO ARM & HAMMER®. YOU'LL NEVER GO BACK.

SCREEN GRAB

Tips to try from Rachel McAdams!

In her new movie, *Morning Glory,* the actress plays Becky Fuller, a local television producer who becomes a power player (think *Working Girl* meets *Network*). The movie's lead makeup artist, Mindy Hall, tells us how she nailed Rachel's fresh-but-professional beauty style.

1. **Radiant skin** "I wanted the main focus to be Rachel's beautiful glow," Hall says. Get the look with a light-reflecting highlighter cream applied under the eyes, along the brow bones, and on the high points of your cheekbones.
2. **Defined eyes** Surprisingly, Hall didn't use mascara to make Rachel's eyes look this dramatic—just a black creamy eyeliner, dotted along the top lash lines to create the illusion of thicker lashes.
3. **Luscious lips** The goal here was natural, only prettier. Hall layered a lip conditioner to add a soft sheen, not obvious shine, and a deep (but sheer) berry lipstick.

MAKE IT LAST

Fall's version of beachy **highlights**

Keira Knightley, Penélope Cruz, model Lily Aldridge, and other dark-haired beauties are going with a lighter color on their tips—a "my hair just grew out this way" look that's suddenly a ginormous trend. "It appears natural and unintentional yet has a bit of an edge to it," says Leslie Shores, colorist at Maxine salon in Chicago. And getting it is easy: "Grow out your summer highlights, or just ask your colorist to paint a caramel tone on your ends," says Shores. And the tips-only technique works just as well on darker blondes.

DO ONE THING, LOOK YOUNGER

It's so simple: **Floss daily** to prevent gum recession, which can make you look "long in the tooth" (aha, *that's* where that expression came from!)—a characteristic that adds years to your face, says Eugene Antenucci, D.D.S., of Huntington, NY. Consider this, too: Not flossing can contribute to bone loss that eventually causes lips to look deflated and wrinkles more prominent. Yikes! We love Flossbox, $3.49, a cute floss case with a mirror on one side.

Love Rachel's makeup? You can "try it on" at redbookmag.com using our virtual-makeover tool. And test out a new hairstyle while you're at it!

MCADAMS: COURTESY OF MACALL POLAY/PARAMOUNT PICTURES. STILLS: PHOTOGRAPHED BY JEFFERY WESTBROOK/STUDIO D. OTHER CELEBS, FROM LEFT: ERIC RYAN/GETTY IMAGES, JORDAN STRAUSS/GETTY IMAGES, RABBANI AND SOLIMENE/WIREIMAGE.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

THE SECRET THAT CHANGES WHAT YOU KNOW ABOUT WHITENING.

ARM & HAMMER® Whitening Booster.

Now with 3X more whitening agent than a leading strip*. Apply over your regular toothpaste and get up to 4 shades whiter†, everywhere you brush. **All for around $5.**

Also try Whitening Booster Plus Enamel Strengthening

*when used as directed
†in just 6 weeks when used as directed

SWITCH TO ARM & HAMMER® AND SAVE.
ahwhiteningbooster.com

ARM & HAMMER THE STANDARD OF PURITY®

Q My face has been looking really **puffy**. Is there a fix?

Too much sodium, too little sleep, or a medical issue can all cause un-fun bloat.

A THE MAKEUP ARTIST SAYS:

Mally Roncal, makeup artist to Beyoncé, Jennifer Lopez, and Katy Perry

"I wake up puffy almost every day," admits mom of three Roncal, who has developed some supersmart strategies to help both herself and her A-list clients who struggle with the same thing. Her secret cheek-slimming trick: **Make a "fish face" and lightly brush a contouring powder**—one that's a few shades darker than your skin—into the hollow of your cheeks, then blend like crazy. Follow with your regular blush on the apples of your cheeks. For swollen eyes, "Use a taupe shadow on upper lids into the crease to make them recede," Roncal says. "Then, use black eyeliner on your top lash line, curl your lashes, and wear two coats of the blackest mascara to make eyes look wide and bright."

A THE DIETITIAN SAYS:

Christine M. Palumbo, R.D., contributing editor at *Environmental Nutrition*

"In the war against water retention, prevention is key," according to Palumbo. **You'll want to eat a balanced diet that's high in potassium, which opposes the bloating effects of sodium**; bananas, potatoes, tomatoes, and oranges are especially good. Limit your intake of alcohol and salt, which is abundant in restaurant food, as much as possible. And drink tons of water. "When you're dehydrated, your body holds on to the water it has, making you look bloated," Palumbo says. She also recommends aerobic exercise, which boosts blood flow to your kidneys and helps flush out excess sodium and water, as well as seven to eight hours of shut-eye a night. "It's called 'beauty sleep' for a reason!"

A THE ENT AND PLASTIC SURGEON SAYS:

Andrew Ordon, M.D., otolaryngologist, plastic surgeon, and cohost of the syndicated series *The Doctors*

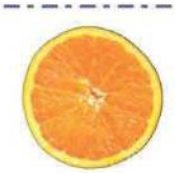
"When diet and lifestyle changes don't help, patients come to me for cosmetic procedures—but sometimes there's an underlying medical condition that's making them look puffy," Ordon says. **Allergies, an overactive thyroid, diminished kidney function, and congestive heart failure can all manifest in swelling.** But don't assume the worst: In these cases, puffiness would be accompanied by other symptoms. With hyperthyroidism, for example, your metabolism would be off and you might feel jittery; with congestive heart trouble, you'd have difficulty with physical activity. See your internist, who can steer you to a specialist if you suspect your issue goes beyond routine bloating.

THE PUFF BUSTERS

CONTOURING POWDER
Dr. Hauschka Powder Duo in Warm Breeze, $40.

TAUPE SHADOW
Burberry Sheer Eye Shadow in Almond, $29.

BLACK EYELINER AND MASCARA
Almay eyeliner, $7.49; Youngblood mascara, $24.



HIGH-POTASSIUM FOODS
Oranges, tomatoes, potatoes, and bananas are excellent bloat-reducers.

LOTS OF WATER
Eight glasses? Nah, just drink enough so your pee turns the color of straw.

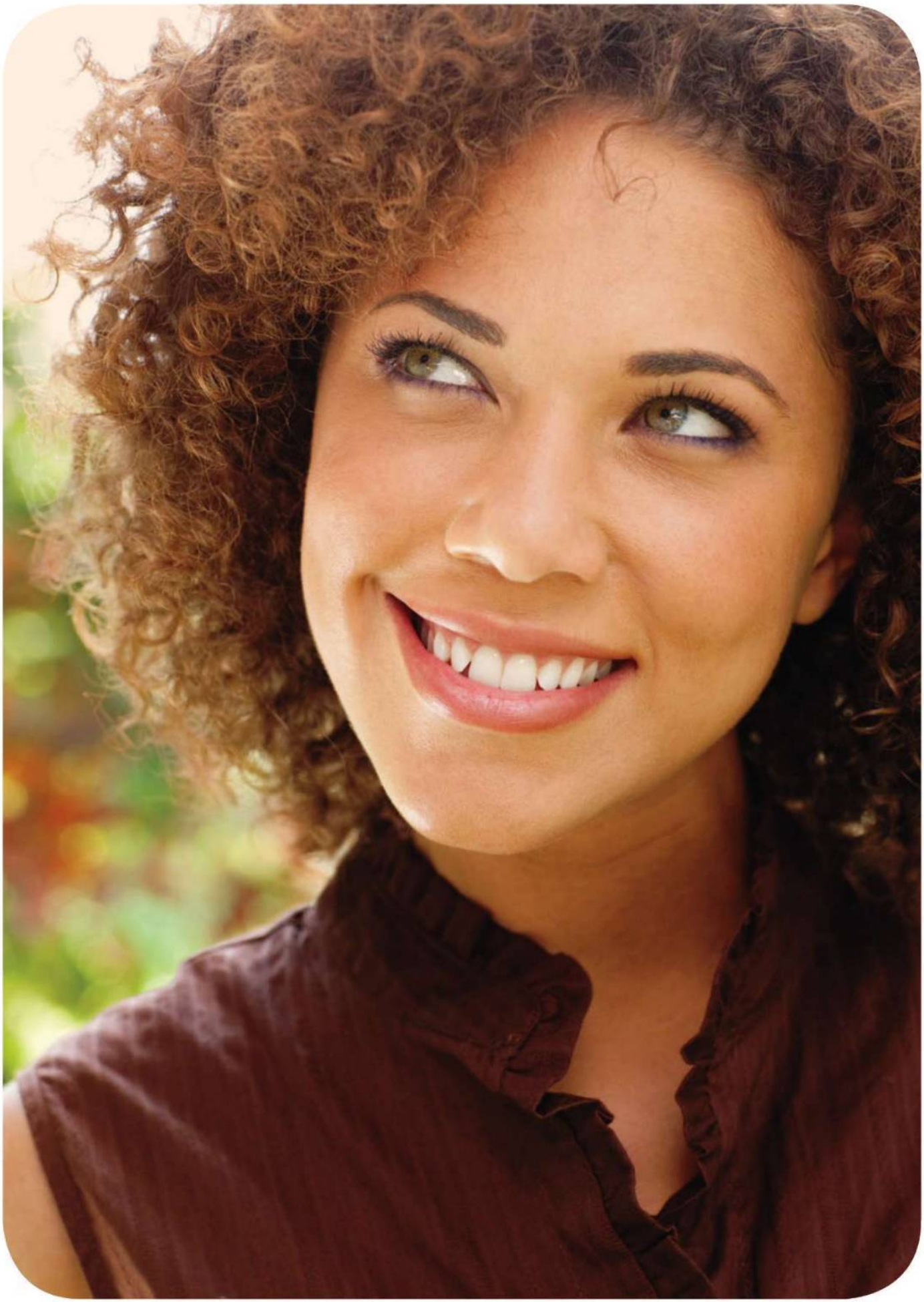
EXPERTS: COURTESY OF SUBJECTS. MAKEUP: PHOTOGRAPHED BY JEFFERY WESTBROOK/STUDIO D. ORANGE: PHOTOGRAPHED BY CHRIS ECKERT/STUDIO D. BALLOON, WATER: ISTOCKPHOTO.COM.

By Amanda May Dundas

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

Fall 2010.
Bring out your beautiful.

Walmart
Save money. Live better.



Faith Hill True Portable Fragrance Spray

$9.00

Halle Berry Pure Orchid Portable Fragrance Spray

$9.00

CIRCUS fantasy BRITNEY SPEARS™

$30.00

Hard Candy® Meteoreyes Baked Glitter Eyeshadow

$6.00

Neutrogena® Healthy Skin® Liquid Makeup SPF20

Rollback

$9.97

Kiss® Nails Everlasting French® Nail Kit

$5.97

Maybelline® The Falsies™ Volum' Express®

Rollback

$5.00

COVERGIRL® & OLAY® Simply Ageless Serum Primer

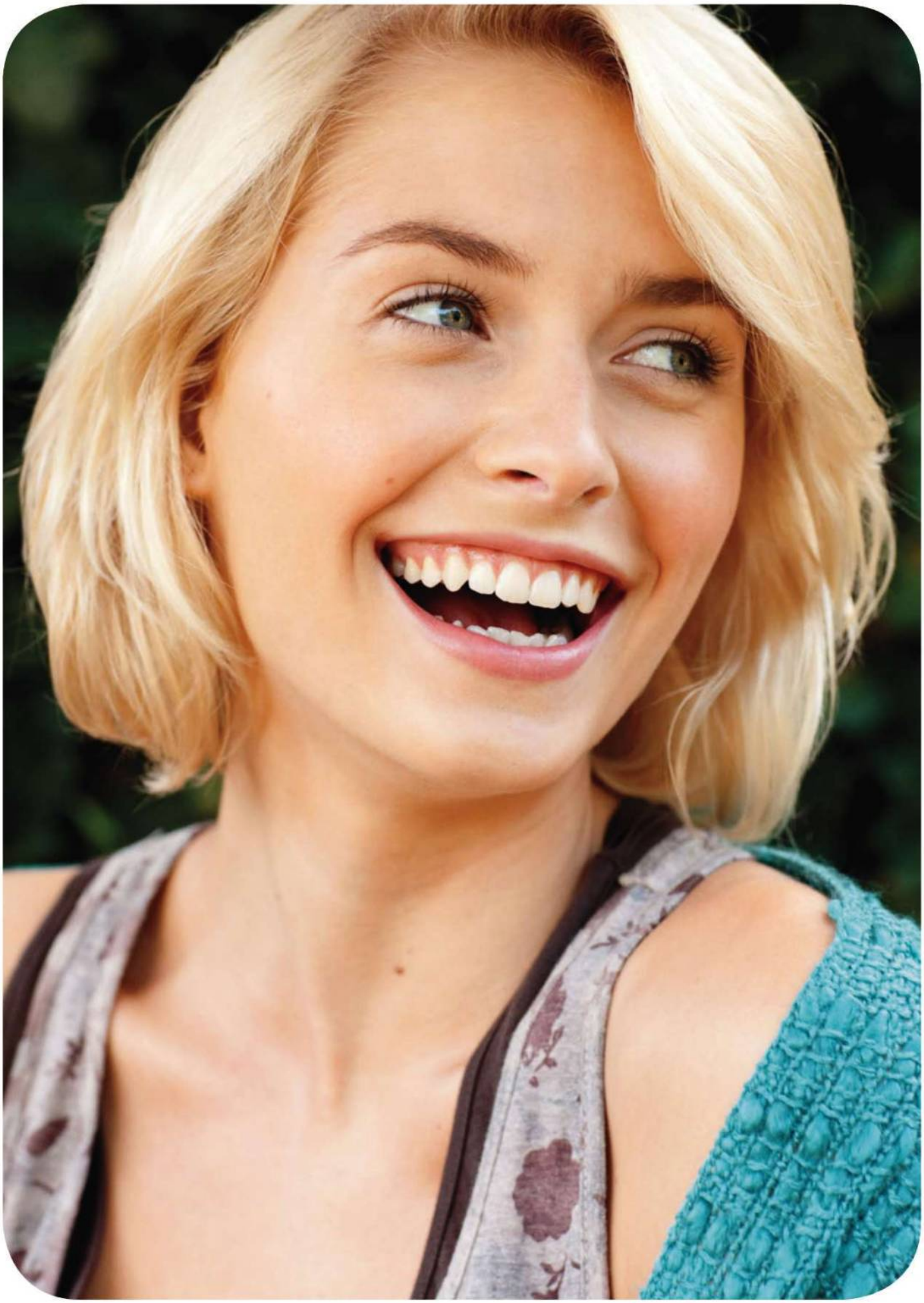
$12.50

At these prices, my makeup drawer can get a whole new look.

Live better. Look your best. Check out Walmart.com/beauty to shop for makeup, get tips and more.

Walmart

Save money. Live better.



Jergens® Overnight Repair Moisturizer
Rollback
$5.00

Olay® Regenerist Micro-Sculpting Serum
$23.67

Nivea® Body Smooth Sensation
Rollback
$5.00

Curél® Ultra Healing® Lotion
Rollback
$5.00

It's fall. Time to rejuvenate from head to toe.

Feel great about how you look. Go to Walmart.com/beauty to learn more about skin care.

Walmart
Save money. Live better.

Biosilk®
Silk Therapy
5.64 oz
Rollback
$19.97

Nexxus® Salon
Hair Care
Therappe®
Luxurious
Moisturizing
Shampoo
33.8 oz
$15.98

Big SexyHair®
Spray & Play
Volumizing
Hairspray
10.6 oz
Rollback
$11.97

With savings like this, it's my chance to try the good stuff.

Get salon-brand products at great prices on Walmart.com. For more on hair care, check out the Walmart Beauty page on Facebook.

Walmart
Save money. Live better.

Fall is a beautiful season, isn't it?

Walmart
Save money. Live better.

The "Spark" Design, Walmart and Save money. Live better. are marks and/or registered marks of Wal-Mart Stores, Inc. © 2010 Wal-Mart Stores, Inc.

Little attitude tweaks that make you extra-healthy

One more perk of positivity: a healthier heart.

CHRISTA RENEE.

You know that eating more veggies and taking the stairs is good for you, but new research shows that having sound emotional habits can benefit you physically too. Three helpful changes to make:

● **AVOID THE BLAME GAME.** Women who get vindictive or finger-pointy when angry are 31 percent more likely to develop heart problems than those who resolve things more constructively, recent research from Columbia University Medical School in New York City found. "Women should treat emotion like any other health risk factor—it's that important," says study author Karina Davison, Ph.D. Feelings themselves aren't harmful; it's the way we deal: Women who discussed their anger directly and tried to work things out had no bad effects.

● **BE A GLASS-HALF-FULL PERSON.** Research suggests that optimism could help your body fight off cold and flu viruses. In a new study from the University of Kentucky in Lexington, people's immune systems responded more aggressively to germs injected into their skin on days when they felt hopeful than when their moods were more pessimistic.

● **JUST LAUGH AT YOURSELF.** Women who are defensive—meaning they try to avoid or deny information that makes them look "bad" to others—are much more likely to end up with high blood pressure than those who are more easygoing, according to recent research from the University of Montreal. One more reason to join the not-perfect club and chill out! —MEGAN BAKER

Now, insurance companies can't drop your kids.

MAKE HEALTH-CARE REFORM PAY OFF FOR YOU

The Affordable Care Act passed by Congress this spring made some major changes to health-care laws in this country, but many phase in gradually over the next several years. These four kick in this fall—so take advantage:

- **A health insurance company can't drop you if you get sick.** Some carriers used to refuse to renew policies for patients diagnosed with a serious disease, like cancer. That practice has been banned.
- **New plans must offer Pap smears, mammograms, cholesterol tests, and some other screenings at no cost to you.** Right now this applies only to brand-new policies. So if your employer changes insurance plans or you buy a new individual plan, you get these freebies—otherwise you won't see them for several years, says health-care expert Andrew Rubin, vice president for clinical affairs at New York University Medical Center.
- **Kids with preexisting conditions can't be refused coverage.** If you're insured through work, or if you buy a new plan on your own, your kids under age 19 can't be denied coverage because of a disability or chronic illness.
- **You can pump at work.** Employers with more than 50 workers are now required to provide breast-feeding moms breaks during the workday to express milk—and they've got to provide a private place to do it other than a bathroom! —HALLIE LEVINE SKLAR

CLOCKWISE FROM TOP LEFT: IMAGE SOURCE/CORBIS, SIEDE PREIS/GETTY IMAGES, LENA CLARA/GETTY IMAGES, MARTIN MISTRETTA/GETTY IMAGES.

IT'S JUST NOT TRUE...

IMMUNITY-BOOSTERS THAT AREN'T

First it was the vitamin supplement Airborne, then Dannon's DanActive "immunity" yogurt, then a chocolate milk drink called Boost Kid Essentials: The number of products saying they can power up your immune system has *exploded*. But one by one, they're being forced to drop those promises, as the Food and Drug Administration and the Federal Trade Commission go after them for misleading claims. "All nutrients help build and maintain the immune system; one food product won't make a big difference," says food researcher Marion Nestle, Ph.D., author of *What to Eat*. How to really stay healthy this flu season? The magic combo below. —LAUREL LEICHT

YOUR ANTI-SNIFFLES PLAN:

EXERCISE
20 to 30 minutes, 5 days per week

SLEEP
7 to 9 hours per night

HAND-WASHING
15 to 20 seconds, several times a day

MAN MEDICINE

What the heck is male menopause—and could my husband have it? He has been kind of a grouch lately.

"The term *male menopause* has become a bit of a buzz phrase lately to describe low testosterone levels. But medically speaking, there is no such thing. In contrast to how women lose estrogen at menopause, **men's testosterone levels gradually decline about 1 to 2 percent each year, on average, starting at the age of 30.** It's not clear, however, that these male hormonal changes have the same kind of effect on men's moods and bodies as they do on women's. While it's easy to blame a man's low energy, irritability, decreased sex drive, or erectile dysfunction on low testosterone, these symptoms may just be natural signs of aging! So urge your guy to see his doctor, who can rule out other medical causes for his mood swings (such as depression or diabetes) in addition to checking his blood levels of testosterone. The next steps may include antidepressants, or exercise or diet changes that will help him start to feel like his old self again."

—ALVIN M. MATSUMOTO, M.D., professor of medicine at the University of Washington School of Medicine in Seattle.

DISNEY/COURTESY NEAL PETERS COLLECTION.

The secret to
"Don't want a stuffy nose like my daughter"
is simple.

Salt.
And water.
The simple solution for clearing stuffy noses quickly and safely. Simply Saline®. In a soft, soothing, drug free mist.

For $1 off, go to SimplySaline.com

Simply Saline®

NOW FROM THE MAKERS OF ARM & HAMMER® THE STANDARD OF PURITY®

A break with benefits! Tuning out could amp up brain power.

ERICKA MCCONNELL.

AN EASY WAY TO **BOOST YOUR MEMORY**—BIG TIME!

Can't find your keys? Or your phone? Or remember the name of that nice neighbor who definitely remembers yours? **Maybe you could use a breather:** People who meditated 20 minutes a day for a few days did four times better on memory exercises than those who listened to an audiobook for the same amount of time, a recent study from the University of North Carolina at Charlotte found. Wanna try the simple meditation routine? "Participants were told to 'focus on the changing sensations of their breath,'" says study author Fadel Zeidan, Ph.D. That means acknowledging the worries or thoughts in your head but then letting them go and returning your attention back to the action of breathing in and out. Easy, right? And if you can't carve out a full 20 minutes, Zeidan believes that as little as five minutes will provide some of the same benefits. —MEGAN BAKER

Could soda hurt his fertility?

Men who drink 32 ounces of soda or more a day may have sperm counts almost 30 percent lower than men who don't guzzle Big Gulps, a new study shows. It's not the caffeine, researchers say; coffee drinkers weren't similarly affected. Chemicals or sugar in pop may play a role, but "guys who drank high quantities of soda also had other unhealthy lifestyle factors, which may contribute to low sperm count," says study author Shanna Swan, a reproductive epidemiologist at the University of Rochester Medical Center. Cola drinkers also sipped more alcohol and ate more meat and less produce. Concerned that your guy's habits could sink his swimmers? Suggest a trip to the doctor. His M.D. can help him make a plan to get healthier, including (burp!) less bubbly stuff. —NICOLE YORIO

VALENTYN VOLKOV/ALAMY.

HOW TO PREVENT THE NEW FAMILY-HEALTH **EPIDEMIC**

Rates of pertussis (also known as whooping cough) are expected to hit a 50-year high in parts of the United States this year. It's an extremely contagious disease that spreads in much the same way as the flu, and it can be deadly in kids. The Tdap (tetanus, diphtheria, and acellular pertussis) vaccine prevents it but can wear off over time. To protect your family, make sure infants receive Tdap shots on time (usually at around 2 months old) and that parents, caregivers, and children 11 to 18 get a booster shot, says Alan Fleischman, M.D., medical director for the March of Dimes. —SARAH JIO

LAZY WOMAN'S FITNESS

THE BETTER-THAN-NOTHING WORKOUT:

LYING-IN-BED LEG LIFTS

Squeeze in a little exercise before you're even out of bed and you'll know that no matter what, the day wasn't a total fitness loss. Work your abs and inner thighs at the same time with this move from New York City fitness expert Andrea Mitchell (that's her in the pictures), who trains sexy celebs like *True Blood*'s Anna Paquin and *Covert Affairs*'s Piper Perabo.

A. Lie on your back with your legs straight. Place your hands behind your head for support, then lift your head and neck, pull your belly button in and up, and raise your legs up to about 45 degrees, as shown.

B. Open legs into a V, as shown; then squeeze inner thighs to bring legs together. Do 12 times, then lower. That's one set—aim for three sets.

YOUR ABSOLUTE EASIEST WAY TO DROP 5 POUNDS:

Just. Drink. Water. Dieters who downed two eight-ounce glasses of H_2O before meals lost five more pounds over 12 weeks than those who didn't sip, recent research found. The reasoning is pretty simple, says study author Brenda Davy, Ph.D.: "It may make you feel fuller before a meal, so you eat less." Who's thirsty? —ANNA DAVIES

BURN MORE CALORIES WHILE YOU WALK

There's one workout every woman does daily whether she realizes it or not: walking! Here's how to get the maximum fitness and weight-loss benefits from every step you take (including walks to the office bathroom).

Speed it up a bit. Even if you're not in a hurry, act like it! "For the best workout, you want to go fast enough that it would be challenging to carry on a conversation," says fitness expert Lisa Druxman, founder of Stroller Strides. But any increase in pace will burn more calories.

Use your arms. Pumping your arms (it can be subtle—no funky-chicken moves) gives you more of a workout simply because more of you is moving.

Change your pace. Adding a few short bursts of speed can burn more calories than walking at a consistent pace, research shows. To do it: Walk quickly for one minute, slow down for one minute, and repeat.

Stand up straight. Drawing in your abs and pulling your shoulders down strengthens your stomach and back muscles, Druxman says. It also helps you stand up straighter, which gives you an instantly longer, leaner look. That's *truly* no sweat. —LAUREL LEICHT

MYSTERIOUS HOLIDAY WEIGHT GAIN, EXPLAINED!

The culprit may be bites you snag during cleanup. Before attacking the remnants, think of how long it'll take to burn the calories off. Hey, maybe the dog's still hungry....

A sliver of pecan pie (about 1/5 of a slice)

100 calories

=

10 minutes
of jogging at
5 miles per hour

A spoonful of stuffing

83 calories

=

8 minutes
of jogging at
5 miles per hour

Two bites of mashed potatoes and gravy

40 calories

=

4 minutes
of jogging at
5 miles per hour

A big finger swipe of candied yams

18 calories

=

2 minutes
of jogging at
5 miles per hour

—JULIA WARD

WORKOUT: PHOTOGRAPHED BY DAVID A. LAND (3). HAIR AND MAKEUP: BELLINDA ZOLLO FOR KATE RYAN. STYLIST: ELSA ISAAC. PROP STYLIST: MARCUS HAY FOR PATBATESANDASSOCIATES.COM. PILLOW: JOHN ROBSHAW. JOHNROBSHAW.COM. FOOD: ISTOCKPHOTO.COM (2). BOTTOM LEFT: AUGUSTUS BUTERA/MARGE CASEY + ASSOCIATES.

PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

Important Safety Information About PRISTIQ®

Suicidality and Antidepressant Drugs Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

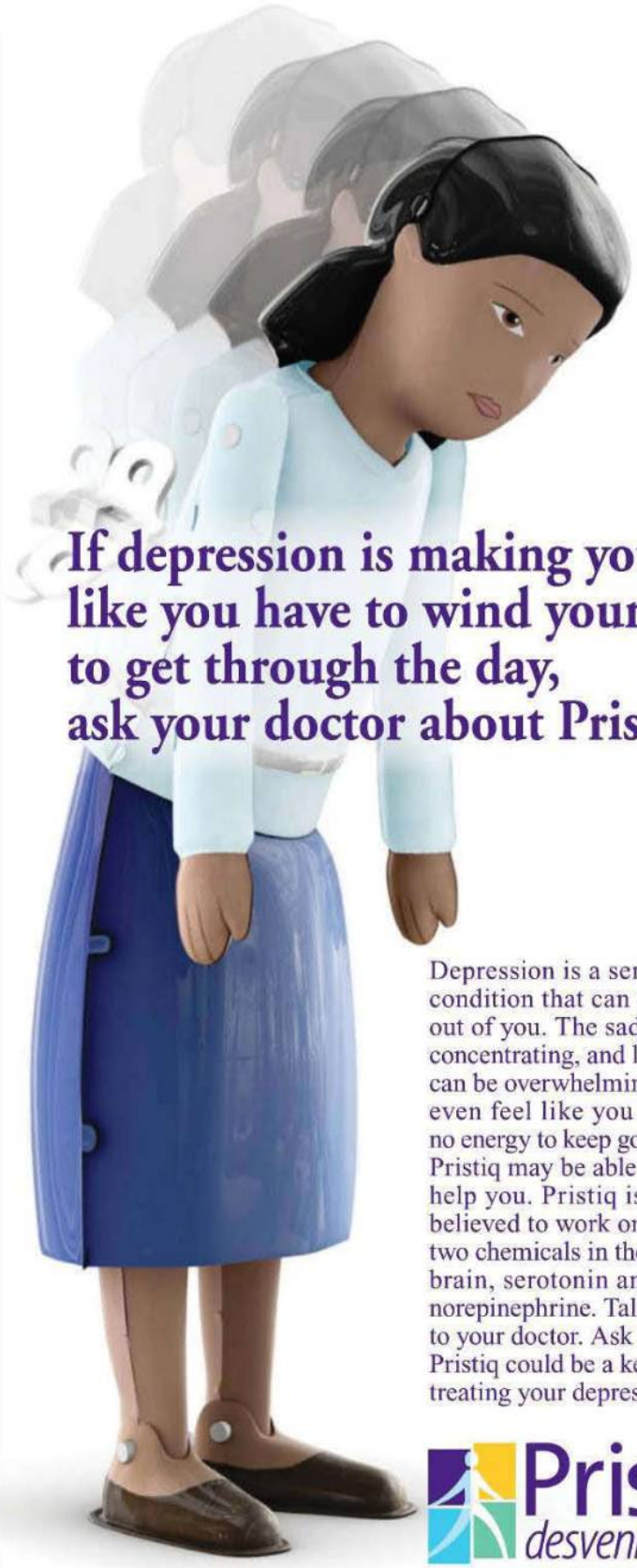
People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or mood disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, or have low sodium levels in your blood
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Brief Summary of Prescribing Information on next page.



If depression is making you feel like you have to wind yourself up to get through the day, ask your doctor about Pristiq.

Depression is a serious medical condition that can take so much out of you. The sadness, trouble concentrating, and loss of interest can be overwhelming. You may even feel like you have no energy to keep going. Pristiq may be able to help you. Pristiq is believed to work on two chemicals in the brain, serotonin and norepinephrine. Talk to your doctor. Ask if Pristiq could be a key in treating your depression.

Pristiq® desvenlafaxine
EXTENDED-RELEASE TABLETS

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Visit Pristiq.com or call 1-800-PRISTIQ (1-800-774-7847)

©2010 Pfizer Inc. All rights reserved.

May 2010

PQP00091

IMPORTANT FACTS ABOUT Pristiq® desvenlafaxine EXTENDED-RELEASE TABLETS

(pris•teek')
Pristiq® - (desvenlafaxine) Extended-Release Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:
- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.

2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:
- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children**. Talk to your child's healthcare provider for more information.

This Medication Guide has been approved by the U.S. Food and Drug Administration for all antidepressants.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq?

Do not take Pristiq if you:
- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:
- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles and digestive system work.

Especially tell your healthcare provider if you take the following:
- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- silbutramine
- tramadol
- medicines used to treat mood disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs)

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:
- **See the beginning of this page.**
- **Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"**

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:
- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:
- dizziness
- nausea
- anxiety
- irritability
- sleeping problems (insomnia)
- sweating
- abnormal dreams
- tiredness
- diarrhea
- headache

- **Seizures (convulsions)**
- **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal. Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:
- nausea
- headache
- dry mouth
- sleepiness
- dilated pupils
- insomnia
- constipation
- loss of appetite
- tremor
- diarrhea
- vomiting
- anxiety
- dizziness
- decreased sex drive
- delayed orgasm and ejaculation
- sweating
- tiredness

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit **www.PfizerHelpfulAnswers.com.**

Pfizer helpful answers

Based on PI W10529C013
PQP00091

Pfizer

© 2010 Pfizer Inc. All rights reserved.

COLD TODAY...

GONE TOMORROW!

(or really, really soon)

AT THE FIRST SIGN OF A COLD, TAKE...

Visit us online at www.ColdEEZE.com

What's up with your period

It's not your imagination: After age 30, many women begin to experience the kind of period weirdness that freaked us out as teenagers. But there's usually a good explanation, and a fix, says REDBOOK's ob/gyn Hilda Hutcherson, M.D. Find out exactly what's going on with you, down there, right here.

Q *When I turned 30, I swear my uterus thought I was 14 again. I got major cramps and started regularly bleeding through my jeans. I figured it had something to do with getting older, but can age really change things that much?*

A Absolutely. Most women don't expect to have significant menstrual changes until we near 50 and start going through menopause. But in my practice, I've noticed that age 30 is the time when many women first begin to have little differences in their periods. Worsening cramps is something I commonly see happen to many women in their 30s and 40s, although the change I see most often is a shortening of their cycle—say, going from 30 days to 26. This shortening may be one of the first indications that the ovary, like the rest of you, is aging. But don't panic if that's part of what you've experienced; at this point, it should have no effect on your fertility. The heavy flow you mention, however, is a little concerning: Up to 20 percent of women with heavy periods have a bleeding disorder such as Von Willebrand disease, an inherited condition in which blood fails to clot correctly. Other possible causes are noncancerous growths called fibroid tumors and endometriosis (more on both of those on the following pages), so you should see your ob/gyn. ➤

Dr. Hutcherson is an ob/gyn and professor at Columbia University in New York City. Email her at askhilda@redbookmag.com.

COURTESY OF SUBJECT.

Realize.

Weight loss surgery was not a "quick fix." It was the start of my new life.

This was not a fly by night decision. I knew exactly what I was doing. This was the start of being there for my kids; of feeling better as a person; of getting more self-confidence, which was something I had been lacking for quite some time. It's not a quick fix. I still have to work at it every day and for the rest of my life, and I'm okay with that.

MIRANDA | REALIZE® PATIENT SINCE 2008

Get your free REALIZE® Solution information kit.

The REALIZE Solution* combines weight loss surgery with a Web-based clinical support tool bariatric surgeons, dietitians, and behavior modification specialists helped create. So you can achieve and maintain a healthier weight.

Visit REALIZE.com/offer or call 1-866-377-7569 to learn more about your next steps.

IMPORTANT SAFETY INFORMATION
Bariatric surgery may not be right for individuals with certain digestive tract conditions. All surgery presents risks. Weight, age, and medical history determine your specific risks. Ask your doctor if bariatric surgery is right for you. For more information, visit www.REALIZE.com or call 1-866-REALIZE (1-866-732-5493).
*The REALIZE Solution combines REALIZE mySUCCESS® with the use of select Ethicon Endo-Surgery instruments for bariatric surgery.

© Ethicon Endo-Surgery, Inc. 2010. All rights reserved. DSL# 10-0214

I've been "late" three times in the last year and was so hormonal I felt like I might be pregnant (I wasn't). Can work stress cause delays like that—complete with mood swings and bloating?

Yes! We constantly underestimate the potential impact of stress on our bodies and our health. Stress affects all the hormones that tell your ovaries what to do, so it can interfere with ovulation and cause your period to be irregular or even make you skip your period altogether. In terms of mood swings and water retention, a recent study by the National Institutes of Health found that women who reported being stressed out at some point during the two weeks before their periods had worse PMS symptoms, including irritability and bloat.

Last June, I had a really heavy, clotty period (I referred to it as ClotFest '09). I was scared and called my doctor, who said that if the clots continued for a few more hours, I should go to the ER. But they stopped. What could it have been? I'm 42 now, if that matters.

It's entirely possible that it was a miscarriage, especially if it was just a one-time thing—approximately 15 percent of pregnancies end in miscarriage, sometimes before a woman even knows that she is pregnant. At age 42, however, you could be perimenopausal and may not be ovulating every month. When that happens, periods are often heavier and clottier than normal. If this occurs again, or if you simply want to know for sure whether you're perimenopausal (it's important if you're not sure you're done having kids!), see your doctor for an exam and a hormone test.

I'm 36 and feel like I'm constantly on my period: I'll bleed for a whole month, then it stops for two weeks, and then it starts right back up again. I've tried talking to my gyno, but she just keeps putting me on different birth control pills to try to control it, and they don't work. Please help!

Periods that seem to go on forever aren't normal, and the most common cause for them is anovulation, meaning your ovaries aren't releasing an egg every month. When you don't ovulate, your ovary produces estrogen but no progestin, and that causes the lining inside your uterus to get thicker and thicker until it simply begins to shed. Without progestin, the thickened lining breaks off irregularly—first one part, then another, causing what you are experiencing as almost constant bleeding. You need a full workup to find out what's really going on here or what could be causing you not to ovulate. My recommendation would be to do an ultrasonogram to check your ovaries and the lining of your uterus for growths or polyps, plus blood tests to rule out thyroid disease, bleeding disorders, and polycystic ovarian syndrome, an imbalance of hormones that could affect fertility. If you don't think your doctor will be willing to invest the time in doing this for you, find someone else! No woman should have to deal with a forever flow.

"If you don't think your doctor will be willing to invest the time to find out what's really going on, find another doctor!"

CASE HISTORY: A 20-POUND FIBROID TUMOR!

In my two decades as a gynecologist, this case is one of the few that truly amazed me: I had a patient, a healthy 45-year-old mom of three, who came to me complaining of heavy periods. We're talking really heavy—they lasted 10 days out of the month, and she had large clots. Not only that, but she felt crampy off and on all month long, had swelling in her legs, and sex had become impossible because it hurt so much when her husband would penetrate deeply. The bleeding left her dizzy and weak. And there was one other strange thing: She said she had gained a lot of weight in the last year. I checked her out and felt a mass deep in her abdomen. It was so big, though, that I couldn't be sure what I was feeling—it felt almost as if this woman was pregnant. An ultrasonogram showed that she had a fibroid tumor, a noncancerous growth in the uterus, that was larger than the size of a full-term pregnancy. Fibroids become more common as women age, often showing up in the 30s and 40s and causing symptoms like my patient experienced: heavy bleeding, cramps, and painful sex. Smaller fibroids can be treated with medication or a noninvasive procedure called uterine artery embolization (UAE), but for this woman, a hysterectomy was the best option. Her fibroid tumor was so heavy—20 pounds—that it took two doctors to lift it out of her abdomen. You can imagine how amazing she felt, after a couple weeks of recovery, to be free of it!

CASE HISTORY: REALLY, REALLY, *REALLY* BAD PMS

As an ob/gyn, I don't often see men in my office—at least not ones who aren't escorting a pregnant wife to an ultrasound. So I knew something was up when one guy tagged along to a regular consultation. Apparently for two weeks out of the month, his adorable wife of 13 years suddenly became (in her words, not his) a "witch"—angry and moody to such extremes that he and the children were threatening to leave the home. She felt normal during her period and the week after, but then a switch would flip and she had no control over her emotions, and felt tired and bloated to boot. She and her husband thought at first that she was just losing it—but then she got scared that maybe she was going through menopause. Her periods were still regular, so I suspected it was a severe case of premenstrual syndrome, which can get worse for some women in their 30s. After a hormone-level test confirmed that it had nothing to do with premature menopause, I diagnosed her issue as PMS and prescribed a few things to help: a low dose of an antidepressant to take during the two weeks before her period, a mild diuretic for water retention, and cutting back on sugar and alcohol during PMS time, since they can make mood swings worse. When I saw her two months later, she was like a different woman. She felt much better, as did her husband and the kids.

I'm thinking about getting a ParaGard copper IUD, but I hear it will make my periods heavy. Yuck! Is it worth it?

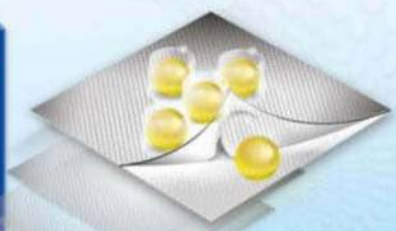
Truthfully, most women who get the nonhormonal ParaGard IUD do notice heavier periods—worsened cramps, too—in the beginning. In my experience, it usually resolves within a few months. Despite this drawback, it can be a great method of birth control for women who don't want to get pregnant in the near future, especially those who can't or don't wish to take hormones. If hormones aren't an issue for you, another type of IUD, the Mirena, releases hormones directly into the uterus and often has the opposite effect on periods, making them lighter and easier.

I had a baby a year ago and my cycle has never gotten back to normal. It ranges from 21 to 35 days. I stopped nursing five months ago. When will things even out?

What you're experiencing is totally normal. The first several periods after having a baby can be longer or shorter, and

ROLL AWAY MOUTH PAIN
WITH KANK-A® SOOTHING BEADS™

New!



When brace irritation, a canker sore or other mouth pain flares up, it affects you all day long. However, treating the problem away from home isn't always convenient. Now with Kank-A® Soothing Beads,™ relief is available wherever you are.

Each 5-bead dose is individually packaged, so you can always have one handy. For all-over mouth pain, roll beads around mouth... or place in one spot for targeted relief.

Also try Kank-A Liquid for canker sores and Kank-A SoftBrush® for tooth and gum pain.

©2010 Blistex Inc. Use as directed.

Introducing the complete routine: **superior cleaning** plus **whitening.***

NEW REACH® TOTAL CARE
Plus Whitening Toothbrush & Floss

simply less predictable than you are used to. If things don't even out by the time your child hits her terrible twos, see your gyno to rule out a hormonal imbalance like polycystic ovarian syndrome, which may affect fertility.

Suddenly, mid-cycle feels even crampier than when I'm actually about to start my period. Could ovulation cause that? Why now? I'm 39.

Some of my patients have described having more pain with ovulation, sometimes called mittelschmerz, around their 40s than they did when they were younger. When you ovulate, the egg ruptures through the surface of the ovary, and there may be changes in the tissue as you age that could make it more painful. The pain you feel may also be related to the fluid that is released with the egg. (It irritates the lining of your abdominal cavity.) If your cramping is really bad—meaning it lasts for longer than a day or two and makes it hard for you to do normal, everyday things, like work—at any time during your cycle, see your doctor and ask for an ultrasound. Severe cramps are a major symptom of endometriosis, a condition in which the lining of the uterus grows outside of the organ onto the ovaries or even the wall of the abdomen. We estimate that between 1.5 and 6 percent of women have endometriosis. Birth control pills can often help shrink the tissue and control heavy bleeding, but for women with severe symptoms or who are having trouble getting pregnant because of the growths, surgery is often recommended.

What is the normal, uh, "velocity" of flow? I have a five-day period, but two of them are superheavy and the others are very light. Is that okay?

Probably, yes. Some women will release most of their menstrual fluid in only a couple of days; for others, the flow will be essentially the same each day. The most significant factor is the total amount that is released, not how quickly or slowly it flows. So as long as you're in the normal range, you should be fine. What's normal? A period that lasts between three and seven days, with a flow of approximately seven teaspoons to ⅓ of a cup. Of course, you can't exactly measure it, but signs you're bleeding more than that include fully soaking a tampon or pad within an hour, or feeling excessively tired, light-headed, dizzy, or faint during and after your period. If you ever have any of those symptoms, see your ob/gyn. ℞

PERIOD PROBLEMS YOU SHOULDN'T IGNORE!

Find out whether your issue requires a trip to the gyno with this quick cheat sheet from Dr. Hutcherson:

NORMAL	NOT NORMAL—CALL A DOC!
• Bleeding for 3 to 7 days a month	• Flowing for more than a week
• Having your period every 21 to 35 days	• Getting your period any more or less often than that
• Cramping when you ovulate and on days 1 or 2 of your period	• Constant crampiness or a feeling of "fullness" or discomfort
• Feeling puffy the week before your period (blargh)	• Retaining more than five pounds of water weight
• Having a heavy flow day or two	• Having a severely heavy flow for your entire period

The most complete mouthwash* now whitens teeth.
NEW VISIBLE WHITENING
LISTERINE
TOTAL CARE
PLUS WHITENING
HELPS PREVENT CAVITIES
RESTORES ENAMEL
STRENGTHENS TEETH
KILLS BAD BREATH GERMS
FRESHENS BREATH
FIGHTS UNSIGHTLY PLAQUE
NOW WHITENS
Learn more at www.purplemouthwash.com
It's the purple mouthwash.™
Use as directed. *Among OTC mouthwashes. ©McNEIL-PPC, Inc. 2010

Important Safety Information About CIMZIA® (certolizumab pegol)

What is the most important information I should know about CIMZIA?

CIMZIA is a prescription medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA, including tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before starting CIMZIA. Your doctor should monitor you closely for signs and symptoms of TB during your treatment with CIMZIA.

Certain Types of Cancer

There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents. CIMZIA is not approved for use in pediatric patients. For people taking TNF-blocker medicines, including CIMZIA, the chances for getting lymphoma or other cancers may increase. People with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

Before starting CIMZIA, tell your doctor if you

- Think you have an infection. You should not start taking CIMZIA if you have any kind of infection, are being treated for an infection or have signs of an infection such as fever, cough or flu-like symptoms or if you get a lot of infections or have infections that keep coming back.
- Have any open cuts or sores
- Have diabetes or HIV
- Have TB, or have been in close contact with someone with TB
- Were born in, lived in, or traveled to countries where there is more risk of getting TB. Ask your doctor if you are not sure.
- Live or lived in certain parts of country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may develop or become severe if you take CIMZIA. If you do not know if you have lived in these types of areas, ask your doctor.
- Have or have had hepatitis B
- Have or have had any type of cancer
- Have congestive heart failure
- Have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to receive a vaccine. Do not receive a live vaccine while taking CIMZIA
- Are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.
- Especially tell your doctor if you take: Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab), or another TNF blocker. You have a higher chance for serious infections when taking CIMZIA with these medicines. You should not take CIMZIA while you take one of these medicines.

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

What are the possible side effects of CIMZIA? CIMZIA can cause serious side effects including:

Heart Failure including new heart failure or worsening of heart failure you already have; **Nervous System Problems** such as Multiple Sclerosis, seizures, or inflammation of the nerves of the eyes; **Allergic Reactions**. Signs of an allergic reaction include a skin rash, swollen face, or trouble breathing; **Hepatitis B virus reactivation in patients who carry the virus in their blood**. In some cases, patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood; **Blood Problems**. Your body may not make enough of the blood cells that help fight infections or help stop bleeding; **Immune reactions including a lupus-like syndrome**. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects of CIMZIA are: upper respiratory infections (flu, cold), rash, and urinary tract infections (bladder infections).

Other side effects have happened in some people including new psoriasis or worsening of psoriasis you already have and injection site reactions.

You are encouraged to report negative side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary on following pages.

For treatment of adults with moderate to severe Rheumatoid Arthritis
Cimzia. RA relief that can help you get a better grip on life.
Fast, Lasting Cimzia has been clinically proven vs. placebo to reduce RA pain, stiffness and fatigue in as little as 1-2 weeks for some patients. The majority experienced RA signs and symptoms improvement within 6 months which lasted through 1 year and prevented further joint damage. Your results may vary. Based on what you and your doctor decide, Cimzia can be injected every 2 or 4 weeks after initial dosing.
Ask your doctor about the benefits and risks of Cimzia.
Pre-filled syringe designed for ease and comfort in partnership with OXO GOOD GRIPS
Please read the Important Safety Information on the adjacent page.
cimzia®
(certolizumab pegol)
Visit cimzia.com/RA
Call 1-877-793-6410

Consumer Brief Summary for Cimzia®

CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION.

cimzia®
(certolizumab pegol)

Read the Medication Guide that comes with CIMZIA before you start using it, and before each injection of CIMZIA. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

What is the most important information I should know about CIMZIA?

CIMZIA is a medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.

- Your doctor should test you for TB before starting CIMZIA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with CIMZIA.

Before starting CIMZIA, tell your doctor if you:

- think you have an infection. You should not start taking CIMZIA if you have any kind of infection.
- are being treated for an infection.
- have signs of an infection, such as a fever, cough, flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have HIV
- have tuberculosis (TB), or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may develop or become more severe if you take CIMZIA. If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), or Tysabri® (natalizumab)

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

Certain types of Cancer

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For people taking TNF-blocker medicines, including CIMZIA, the chances of getting lymphoma or other cancers may increase.
- People with RA, especially more serious RA, may have a higher chance of getting a kind of cancer called lymphoma.

See the section "What are the possible side effects of CIMZIA?" for more information.

What is CIMZIA?

CIMZIA is a medicine called a Tumor Necrosis Factor (TNF) blocker. CIMZIA is used in adult patients to:

- Lessen the signs of symptoms of moderately to severely active Crohn's disease (CD) in adults who have not been helped enough by usual treatments.
- Treat moderately to severely active rheumatoid arthritis (RA).

It is not known whether CIMZIA is safe and effective in children.

What should I tell my doctor before starting treatment with CIMZIA?

CIMZIA may not be right for you. Before starting CIMZIA, tell your doctor about all of your medical conditions, including if you:

- **have an infection**. (See, "What is the most important information I should know about CIMZIA?")
- **have or have had any type of cancer.**
- **have congestive heart failure**.
- **have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis**.
- **are scheduled to receive a vaccine**. Do not receive a live vaccine while taking CIMZIA.
- **are allergic to any of the ingredients in CIMZIA**. See the end of this Brief Summary for a list of the ingredients in CIMZIA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.

Tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. Your doctor will tell you if it is okay to take your other medicines while taking CIMZIA. Especially, tell your doctor if you take:

- Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab). You have a high chance for serious infections when taking CIMZIA with Kineret®, Orencia®, Rituxan®, or Tysabri®.
- A TNF blocker: Remicade® (infliximab), Humira® (adalimumab), Enbrel® (etanercept), Simponi® (golimumab).

You should not take CIMZIA, while you take one of these medicines.

How should I use CIMZIA?

- If your doctor prescribes the CIMZIA lyophilized pack for reconstitution, CIMZIA should be injected by a healthcare provider.
- If your doctor prescribes the CIMZIA prefilled syringe, see the section **"Patient Instructions for Use"** at the end of the Medication Guide for complete instructions for use. Do not give yourself an injection of CIMZIA unless you have been shown by your doctor or nurse.
- CIMZIA is given by an injection under the skin, into your abdomen or thigh area. Your doctor will tell you how much CIMZIA to inject and how often to inject CIMZIA, based on your condition to be treated. Do not use more CIMZIA or inject more often than prescribed.

What are the possible side effects of CIMZIA?

CIMZIA can cause serious side effects including:

See **"What is the most important information I should know about CIMZIA?"**

- **Heart Failure** including new heart failure or worsening of heart failure you already have. Symptoms include shortness of breath, swelling of your ankles or feet, or sudden weight gain.
- **Nervous System Problems** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Symptoms include dizziness, numbness or tingling problems with your vision, and weakness in your arms or legs.
- **Allergic Reactions**. Signs of an allergic reaction include a skin rash, swelling of the face, tongue, lips, or throat, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood**. In some cases patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you

carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:

- feel unwell
- tiredness (fatigue)
- poor appetite
- fever, skin rash, or joint pain

- **Blood Problems**. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include a fever that doesn't go away, bruising or bleeding very easily, or looking very pale.
- **Immune reactions including a lupus-like syndrome**. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects in people taking CIMZIA are:

- upper respiratory infections (flu, cold)
- rash
- urinary tract infections (bladder infections)

Other side effects with CIMZIA include:

- **Psoriasis**. Some people using CIMZIA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with CIMZIA.
- **Injection site reactions**. Redness, rash, swelling, itching or bruising can happen in some people. These symptoms will usually go away within a few days. If you have pain, redness, or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.

Tell your doctor about any side effect that bothers you or does not go away.

These are not all of the side effects with CIMZIA. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about CIMZIA

Medicines are sometimes prescribed for purposes that are not mentioned in Medication Guides. Do not use CIMZIA for a condition for which it was not prescribed. Do not give CIMZIA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about CIMZIA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CIMZIA that is written for health professionals.

For more information go to www.CIMZIA.com or call 1-866-4CIMZIA (424-6942).

Always keep CIMZIA, injection supplies, puncture-proof container, and all other medicines out of the reach of children.

What are the ingredients in CIMZIA?

CIMZIA lyophilized powder: Active ingredient: certolizumab pegol. Inactive ingredients: sucrose, lactic acid, polysorbate. The pack contains Water for Injection, for reconstitution of the lyophilized powder.

CIMZIA prefilled syringe: Active ingredient: certolizumab pegol. Inactive ingredients: sodium acetate, sodium chloride, and Water for Injection.

CIMZIA has no preservatives.

Product developed and manufactured for:
UCB, Inc., 1950 Lake Park Drive, Smyrna, GA 30080 U.S. License No 1736

Cimzia® is a registered trademark of the UCB Group of companies.
© 2009 UCB, Inc., Smyrna, GA 30080 All rights reserved.
Printed in the U.S.A.

OXO, Good Grips and the associated logos are trademarks of Helen of Troy Limited and are used under license.

CCD123-1209 4E

Getting a better grip on RA can start with this syringe.

Guided by input from people with RA, the CIMZIA syringe was designed for ease and comfort in partnership with OXO GOOD GRIPS

You may save up to $500 on each CIMZIA prescription if you qualify. Go to cimzia.com/RA

cimzia®
(certolizumab pegol)

For moderate to severe RA adults.

Anaphylaxis or serious allergic reactions may occur. Hypersensitivity reactions have been reported rarely following CIMZIA administration.

Please see Brief Summary on previous page.

BLOW 60 KISSES
PEOPLE WANT TO CATCH

ECLIPSE. INCREDIBLY FRESH BREATH.

©2010 Wm. Wrigley Jr. Company. All Rights Reserved. Eclipse, BigEPak, and all affiliated designs are trademarks of the Wm. Wrigley Jr. Company.

MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS

TELL THE TRUTH:

Which of your partner's **possessions** do you most want to throw away?

Wrestling him out of that ratty sweater is kind of sexy!

"Her foofy shirts. She has too many to count—at least 10! It's like she won't buy anything without ruffles." —TIM STEINER, 36, married to JILL 9 years

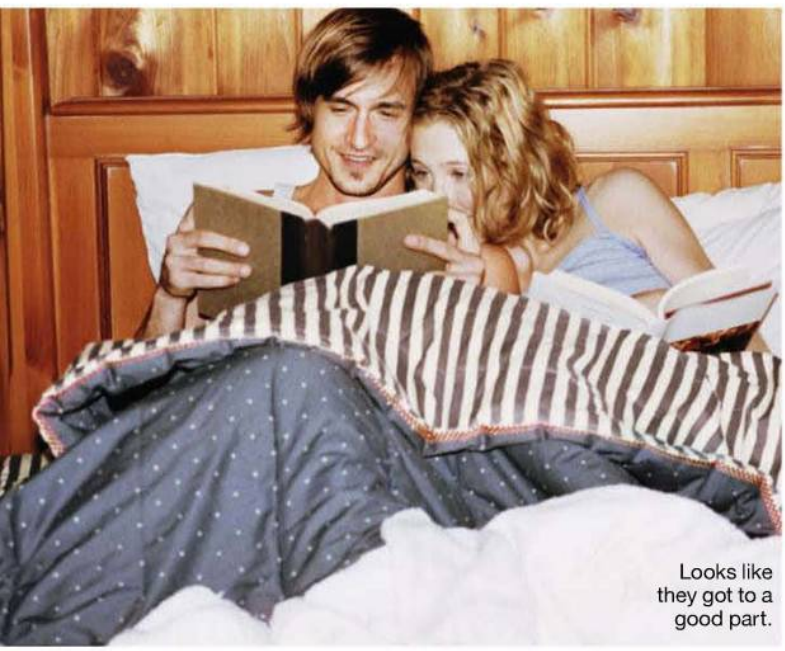
"His 'jorts.' That's my name for these awful jean shorts that he owns. I hate them!" —HEATHER WILLARD, 37, married to LARRY 2 months

"She has a billion plastic bins she stores everything in: books, gadgets, knickknacks. She even buys containers to hold containers!" —TODD SUMMERS, 35, married to CHRISTIE 6 years

"His old electric typewriter from college that he refuses to give up. Why? So that if our computers go down, we can still type. Perfect for those emergency form letters we all hear about, right?" —JANICE KAPLAN, 39, married to KEVIN 15 years

"I'd like to throw away all of his mail. He leaves it everywhere and says he's 'waiting to shred it,' but he never does. I don't know what he's waiting for!" —ERICA MUNEZ, 30, married to CARLOS 3 years

MASTERFILE.COM. COUPLES: PHOTOGRAPHED BY BRIAN KENNEDY.



Looks like they got to a good part.

Sex life road test: READING... AS FOREPLAY

When it comes to fueling fantasies, erotic books are more popular with women than porn, says a new survey. Did reading *Best Women's Erotica 2010* lead to live action for these couples? Totally.

Couple #1: J.D. and M.D., Brooklyn, NY
We chose a story about a woman and some computer geeks—we're both tech nerds—and before I knew it, he was all over me. It was thrilling to feel like we were being naughty (rare for us). We'll do this again, I just have to remember to put the book away; I left it out and visitors spotted it. Awkward! **Passion rating: Red-hot**

Couples #2: M.G. and D.G., Lisbon, OH
My husband and I didn't think we'd get much out of this, and initially we were right. The first story was about men dressing up in women's underwear, and even if we *hadn't* read it while the kids were still up, it would've been a turnoff. On our second try, we read one about a man and woman cop. Bingo! Surprisingly, we were both turned on by the fact that she was the dominant one. We might even invest in more reading material! **Passion rating: Smoking**

Quiz Are you too selfish?

No one's pointing fingers here, but selfishness is the biggest issue cropping up in couples therapy now, says Jane Greer, Ph.D., author of *What About Me?*: "Technology makes it so easy to get what we want that we expect that from relationships too." Greer's quiz will tell you if your self-interest—or his, he should take this too—has crossed the line. (A staffer says her score made her dial back the princess act a bit; one marriage improved already!)

1 Picture you and your husband planning your next vacation. You:
a) Sign up for the kind of trip he loves but you're sick of. If he's happy, you're happy.
b) Do something that lets you both do a bit of what you love.
c) Go on the type of tropical getaway you crave most, even if it bores him. C'mon, you need the break!

2 Your partner tells you that it drives him nuts when you leave dishes in the sink. So you:
a) Never do it again. It's not worth his being upset.
b) Say you'll try harder to remember to put them in the dishwasher—and actually do it when you have the time!
c) Tell him you just don't get why it upsets him so much.

3 The heat is broken; you want to sleep with the space heater on, but he hates the noise it makes. You:
a) Leave it off. He's even more exhausted than you are.
b) Sleep in the guest room. The repair guy will be there tomorrow, and this way you're both comfortable.
c) Buy your hubby earplugs.

4 You're geared up for *America's Next Top Model*, but there's a program on Discovery Channel that your husband has been dying to watch—on the good TV. You:
a) Sigh and say fine—you'll watch the Discovery Channel and read about *ANTM* online.
b) Turn to the Discovery Channel and Tivo *ANTM* for later. You'll get to snuggle!
c) You've been looking forward to this *all* day. He can watch his show on the little set in the bedroom.

SCORING:
Give yourself 1 point for every a, 2 for every b, 3 for every c.
If you scored 4–6: You're a born nurturer, but it's important to make room for your needs. Giving too much can leave you feeling resentful and even make your partner respect you less.
If you scored 7–9: Voilà, balance. Striking a compromise between your partner's needs and your own means you can take care of each other without losing your identity. Here's to picking your battles.
If you scored 10–12: You might be too selfish. Being a strong woman is great, but your guy deserves to get his way sometimes. Relationships really are all about give and take.

Leave some for him!

Wow, that's evolved! 50 percent of men say that being a great father and husband—not being wealthy or powerful—makes a guy a "real man."

FROM TOP: TERRY DOYLE/GETTY IMAGES; DAVID MALAN/GETTY IMAGES.

A NEW FRIENDSHIP CHARM WITH A BUTTERFLY PENDANT SYMBOLIZES FRIENDSHIP FOREVER. FIND THE NEW COLLECTION AT PANDORA.NET OR AT YOUR LOCAL STORE.

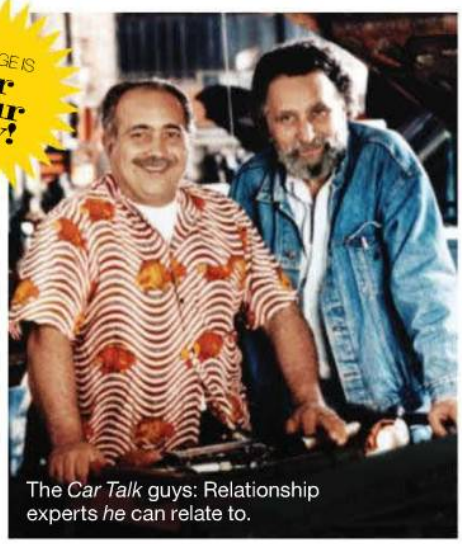
PANDORA™

UNFORGETTABLE MOMENTS

U.S. Pat. No. 7,007,507 • © • All rights reserved

THIS PAGE IS **for your guy!**

What every man owes his wife



The *Car Talk* guys: Relationship experts *he* can relate to.

Basically, it's the same TLC he'd give to his Chevy. That's what Tom and Ray Magliozzi, hosts of NPR's *Car Talk*, say. They even made your guy a handy list of scheduled maintenance!

WHAT TO DO...EVERY DAY:

Avoid excessive idling. When you see your wife up on a ladder, cleaning out the gutters, it's time to ask yourself if you're doing your fair share of hard work in the relationship.

Don't lust after other models. Sure, a different car may look good on the street, but guess what? It's got its own problems: It may be expensive to maintain, have factory defects, or you may take it home only to find you can never get it started again. Trust us, the car you have is pretty darned good. Try to remember that.

Keep an eye on the gauges. Unlike your car's warning lights, the "Check Marriage" light can be very dim and easily missed. So keep your eyes open for it. If your wife comes home with a tattoo that says *Steve* and your name is *Fred*, it's way past time to ask if anything's bothering her.

Don't overheat. All cars run hot sometimes, but continuous overheating does permanent damage. Know when to shut it down and let yourself cool off.

...EVERY 3 MONTHS, OR 3,000 MILES:

Rotate your tires. Everybody can use a new view once in a while. Change things up. Don't come home every night, plop onto the couch, and put on *SportsCenter*. Surprise your partner by turning on the regional sports network. Better yet, leave the television off.

...EVERY 6 MONTHS, OR 5,000 MILES:

Check your filter. Filters are there to keep the nasty stuff out. Make sure yours is doing its job. A working filter will turn "Is it just my imagination or have you put on a few pounds?" into "We should join a gym together. I know *I* could use it."

Ask for directions. If you're lost and not sure what your woman wants, speak up. At least until someone invents a marriage GPS. She'll be delighted to give you detailed directions on how to make her happy. Which will, in turn, make you happy.

...EVERY YEAR, OR 10,000 MILES:

Change the toilet paper roll. Just to surprise her. ®

CLOCKWISE FROM TOP RIGHT: COURTESY OF SUBJECTS. ISTOCKPHOTO.COM. K-PHOTOS/ALAMY. CHRISTINE BALDERAS/GETTY IMAGES. JONATHAN KNOWLES/GETTY IMAGES.

Ask your doctor if SYMBICORT is right for you.

YOU COULD GET YOUR FIRST PRESCRIPTION OF SYMBICORT FOR FREE.†

You may also get copay savings for up to a year. Find out more at MySymbicort.com/card or call 1-877-318-0726.

†Subject to eligibility rules. Restrictions apply.

Please see Important Safety Information about SYMBICORT on the following pages, and discuss with your doctor.

SYMBICORT is a registered trademark of the AstraZeneca group of companies.
©2010 AstraZeneca LP.
All rights reserved. 301866 7/10

Symbicort®
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

SYMBICORT is for asthma that is not well controlled on a long-term asthma medicine, or when disease severity warrants

My asthma... under control with the help of SYMBICORT.

When my symptoms came back, my doctor and I chose SYMBICORT to help improve my lung function.

SYMBICORT helps me breathe better all day, starting within 15 minutes.* It won't replace a rescue inhaler for sudden symptoms. Unlike most other asthma control medicines, SYMBICORT combines two medicines to help control inflammation and constriction.

* Your results may vary.

Ask your doctor if SYMBICORT is a good choice for you.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta$_2$-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

If you are taking SYMBICORT, see your healthcare provider if your asthma does not improve or gets worse. It is important that your healthcare provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

SYMBICORT does not replace rescue inhalers for sudden asthma symptoms.

Be sure to tell your healthcare provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines, as using too much LABA may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, and nervousness.

Patients taking SYMBICORT

- may experience serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems.
- may have a higher chance of infection. Tell your healthcare provider immediately if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection.
- may experience an increase in wheezing right after taking SYMBICORT, eye problems including glaucoma and cataracts, decreases in bone mineral density, swelling of blood vessels, decrease in blood potassium and increase in blood sugar levels.

If you are switching to SYMBICORT from an oral corticosteroid, follow your healthcare provider's instructions to avoid serious health risks when you stop using oral corticosteroids.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

Common side effects include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

Approved Uses for SYMBICORT for Asthma

SYMBICORT is used to control and prevent symptoms of asthma in adults and children ages 12 and older. SYMBICORT is not for patients who have sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

For more information, call 1-888-312-0792 or go to MySymbicort.com/save

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit www.astrazeneca-us.com

Symbicort®
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca

IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta$_2$-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT. Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long term, two times each day, to help improve lung function for better breathing in adults with COPD.

WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- **are pregnant or planning to become pregnant.** It is not known if SYMBICORT may harm your unborn baby
- **are breast-feeding.** Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. **Do not use SYMBICORT more often than prescribed.** SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed
- **While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.**
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason, such as:

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Perforomist®

WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

SYMBICORT can cause serious side effects.

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms
- Immune system effects and a higher chance for infections
- Adrenal insufficiency–a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

SYMBICORT is a registered trademark of the AstraZeneca group of companies. Other brands mentioned are trademarks of their respective owners and are not trademarks of the AstraZeneca group of companies. The makers of these brands are not affiliated with and do not endorse AstraZeneca or its products.

© 2010 AstraZeneca LP. All rights reserved.

Manufactured for: AstraZeneca LP, Wilmington, DE 19850
By: AstraZeneca AB, Dunkerque, France Product of France
Rev 6/10 303634

Visit **www.MySymbicort.com**
Or, call **1-866-SYMBICORT**

Symbicort®
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca

redbook notebook november

what's new, noteworthy & now

INTRODUCING COLGATE® PROCLINICAL™ DAILY WHITENING

Colgate® ProClinical™ toothpaste combines high-quality ingredients with advanced dental technologies. With powerful ProLuminex™ crystals, it starts working instantly to whiten teeth. Satisfaction guaranteed. Visit www.colgateproclinical.com for details.

KOOL-AID

Pack a smile in your child's lunch box every day! When your children find a bottle of water and Kool-Aid Fun Fizz drink drops in their lunch boxes, lunchtime turns into funtime. As long as there's a 5-calorie Kool-Aid Fun Fizz nearby, who knows, your kids might actually start asking for water. Visit www.kool-aid.com for more information.

DISNEY'S PRINCESS HALF MARATHON WEEKEND

You're only 13.1 magical miles away from becoming running royalty at **Disney's Princess Half Marathon Weekend** presented by Lady Foot Locker! Join thousands of women and chase your dreams **February 25–27, 2011** at the WALT DISNEY WORLD® Resort in Florida.

© Disney

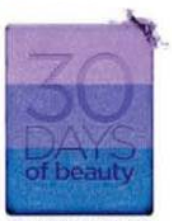
OXY® CLINICAL

Get clinical results without a prescription with new OXY® Clinical. OXY® Clinical offers breakthrough complexion care, with pharmaceutical-grade medications and continuous-release technology to treat, heal, and help prevent acne breakouts.

Visit www.oxyskincare.com today.

OXY CLINICAL

30 DAYS OF BEAUTY



Visit 30daysofbeauty.com every day for your chance to win fabulous beauty must-haves. Plus, find out how you can receive our exclusive Stephanie Johnson cosmetic bag with your purchase of select products.

Presented by:

- Celine Dion Pure Brilliance
- Faith Hill True
- Halle by Halle Berry
- McGraw Silver
- Stetson
- Paul Mitchell
- Rimmel
- Sally Hansen

Gifts are while supplies last. No purchase necessary for daily sweepstakes. Sweepstakes starts 10/1/10 and ends 10/31/10.

Leave no princess behind—grab your friends and make it a girlfriend getaway. With world-class resort hotels, theme parks, shopping, and dining, you'll have plenty of ways to celebrate your half marathon finish and make memories that will last a lifetime.

runDisney

Visit www.rundisney.com for more information.

MAYBELLINE

Maybelline New York is excited to announce Maybelline New York's ColorStudio—the premier destination for the season's ultimate makeover. Meet with top makeup artists and style experts who will help you discover your perfect look, and pick up great tips and goodies while you're there! Visit www.maybelline.com/colorstudio for more information.

MAYBELLINE NEW YORK COLORSTUDIO

Official media sponsor

REDBOOK

Grab a witness! It's time for some new vows

DEAREST WIFE, I PROMISE...

...to learn the true meaning of the word *commitment*. Also the words *Swiffer* and *sconce*.

...not to question your continuing interest in Kate Gosselin—as long as you don't copy her hairstyle(s). Like really. Please don't.

...never to forget just how grateful and excited I was the first time you let me touch your breasts.

...to unstop the toilet with the attitude that I've been waiting for weeks to be challenged by just such a vigorous, man-making task.

...that "Babe, your butt looks hot in those jeans" won't be a permanent replacement for "Honey, you look beautiful tonight." This one may take a while.

DARLING HUSBAND, I PROMISE...

...not to post photos of us on Facebook in which I look great but you look, well, not so great.

...to order exactly what I want for dinner, instead of trying to be "good," then eating half of whatever you get because my baked salmon tastes like baked salmon.

...to do naughty things, even when I'm tired. Or at least to whisper to you, as I drift off, what I would be doing if I weren't drifting off.

...to always use "I" statements. This may include "I feel that you suck," but still.

...to never forget that, above all else, you are my best friend. And that if we don't work, nothing works.

ILLUSTRATION BY MARCOS CHIN

L'ORÉAL®
PARIS
IF YOU WANT STRONG HAIR
SAY GOODBYE
TO HARSH SHAMPOOS
EVERSTRONG
SULFATE-FREE
FORTIFY SYSTEM™
ADDS STRENGTH
FROM THE FIRST WASH.
L'ORÉAL
HAIR EXPERTISE
EVERSTRONG
SULFATE-FREE
FORTIFY SYSTEM™
HYDRATE
SHAMPOO
STRENGTHENS & NOURISHES
BIO-CERAMIDE COMPLEX
NATURAL BOTANICALS
HYDRATE
CONDITIONER
OVERNIGHT
HAIR REPAIR TREATMENT
©2010 L'Oréal USA, Inc.
Can I Help You?
Visit lorealparis.com and click on CAN I HELP YOU? for your personal hair consultation.

Experts solve major love problems (their own)

Sometimes, professionals struggle with the very things they're hired to fix—and that's when they learn the most. Three of them drop the thera-speak and get honest.

By Celeste Perron

FUSE/GETTY IMAGES.

They teach women to have better sex, stronger relationships, and fewer fights about money, yet the women you'll meet here didn't have all the answers, especially when it came to their own marriages. Now they tell us what they learned the hard way—and how it can help you.

"I'M AN OB/GYN WHO HATED SEX"

Lissa Rankin, M.D., is a huge believer in frank talk, which is why she recently authored the book *What's Up Down There? Questions You'd Only Ask Your Gynecologist If She Was Your Best Friend*. She could have used that kind of support when she was launching her medical career. Lissa suffered from vulvar vestibulitis, a condition in which the entrance to the vagina gets inflamed, making sex excruciatingly painful. "It feels like you're being stabbed," she says. "You anticipate the pain, and that makes it even worse." Her husband was understandably frustrated. "It became a huge issue," she says. "There was no way for me to experience sexual pleasure." She tried most of the standard treatments, which include a topical numbing agent ("but that's numbing for your partner, too, which sort of defeats the purpose").

Eventually they divorced, in part because of the strain caused by Lissa's condition. The pain of her failed marriage was especially acute since so much of her work was with happy couples starting families. She reached her lowest point when she helped

NEW
STYLES.
NEW
SLIMMING.
NEW
LEE.
Lee Instantly Slims You Jeans.
Now in New Classic Fit and
Slender Secret Fit.
Lee®
Get What Fits.
Lee
NATIONAL
DENIM DAY
Available at Kohl's® and Kohls.com/lee
©2010 VF Jeanswear Inc.

"I tell patients my experience and they're so relieved, because everyone in the movies is having effortless orgasms."

—LISSA RANKIN, OB/GYN

deliver a friend's baby. "As I was holding this sweet newborn, I thought, *I'm going to be an old maid delivering other women's babies. I'll never have that experience myself.*"

But after a year and a half of celibacy, she mustered up the courage to have sex again. "I explored some emotional issues with a therapist, worked hard, and when I met a new man, I was amazed that sex didn't hurt at all," she says. "Fortunately, he was a bit smaller, if you know what I mean, and I think that helped both with my confidence and my vagina." She now believes that vulvar vestibulitis has a psychological component, and that her prolonged episode of it was caused largely by the stress of her medical residency and the strain in her marriage. "There was a lot of trauma in my life—I was finishing up grueling training, my husband and I had to live in different states for a while, his mother died—and those stresses were being reflected in my body," she says. After a few not-quite-right boyfriends, her luck finally turned in a big way at 33, when she met her current husband, Matt. Now they have an adorable 4-year-old daughter and, yes, an extremely satisfying sex life.

Lissa says she wouldn't change a thing about her 20s because her experience has made her a better doctor. "I go further. My intake form asks, 'Are you happy in your relationship? Are you satisfied with your sex life?'" she says. Many of her patients have been suffering in silence with a painful vaginal condition or loss of libido and are grateful to be asked. "When I make the diagnosis, I tell them about my personal experience," she says. "They're so relieved to know that they're not the only ones, because everybody in the movies is having effortless orgasms."

Her history also has made Lissa doggedly determined to help these women overcome their disorders. "I treated one woman with vulvar vestibulitis who was engaged but whose fiancé was about to call off the wedding over it," she recalls. "In addition to prescribing the standard medications, I taught them both sexual and romantic techniques that would help her get more comfortable with penetration. It took about six months, but it worked, and they wound up inviting me to their wedding. It was so satisfying, and moments like that have totally redeemed that hard chapter of my past."

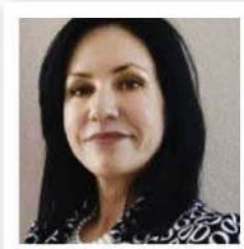
"I'M A MARRIAGE COUNSELOR WHO WAS *THISCLOSE* TO DIVORCE"

As a couples therapist, Nancy Fagan helps clients resolve their marital issues for a living. But six years ago, she was sneaking out between appointments to consult with a divorce lawyer to end her own marriage. She felt her husband was controlling and that he put his adult daughters (from his previous marriage) before her. "For the first time, I experienced emotions that I'd only heard about from my clients," she says. "I'd lost my sense of self because of our problems."

Although Nancy had been married once before, to her college boyfriend, that divorce had been extremely amicable. Her second marriage was supposed to be the forever one, and she was blindsided when it began to sour. "I could look at my clients and think, *Oh, my gosh, so* this *is what you're going through!*'" says Nancy. "But since I couldn't reveal that I was failing at my own specialty, I couldn't talk to anybody. I was so ashamed." She felt herself shutting down emotionally and says, "I'd seen so many other women do that, and I knew that withdrawing makes it nearly impossible to rescue a marriage. But I just couldn't stop myself." Nancy explains that it's pretty typical for women to assume the role of relationship caretaker, and if the husband won't participate in trying to improve the marriage, the wife eventually takes it as evidence that he's no longer emotionally invested and just gives up: "When this happens, it's crucial that the husband take the reins to help fix the problems, because by then the woman just feels over it."

"I couldn't reveal that I was failing at my own specialty. I was so ashamed."

—NANCY FAGAN, COUPLES THERAPIST



Luckily, her husband, a corporate strategic planner, wouldn't go down without a fight. "He said, 'We both have these incredible tools that we use to help others, so how can we apply them to ourselves?'" They sat down, listed each other's strengths, and then tackled each other's shortcomings. Nancy told him that she hated how he shared intimate details of their lives with his grown daughters, and he said he resented that she no longer trusted him and wouldn't give him a chance to change. Then they identified specific actions that would fix those issues. For example, "He committed to always tell me what's going on in his life first, and we made a list of topics that should never be discussed outside of our marriage," she says. "In exchange, I agreed to open up to him again without waiting for him to prove his trustworthiness. I gave him a clean slate."

Lists, agreements, actions—it all sounds like a meeting with human resources, but it resonated with the Fagans. "It was a very pragmatic way of looking at the issues, and it worked," Nancy says. She used their experience to launch a brand-new type of service,

COURTESY OF SUBJECTS (2).

Ready for a new you?

Lose up to **25** lbs with our new SLIMQUICK® Ultra Fat Burner.

See what the SLIMQUICK® family of products has done for real people at myslimquick.com

Introducing SLIMQUICK® Ultra Fat Burner. Now you can lose up to 25 lbs quickly!* Our new triple-action formula **burns fat, carbs** and **calories** while still addressing six ways that women lose weight along with diet and exercise. With it you can drop up to **three times the weight vs. diet alone!***
To start transforming your body, and for more details, visit myslimquick.com today.

Also available in delicious powder packets or a Caffeine Free Formula.

RITE AID · Kroger · Walgreens · CVS/pharmacy · Available at Walmart · TARGET · Kmart · SHOPPERS DRUG MART · Zellers

*In a multi-centered double blind clinical study, women consuming a key component in the SLIMQUICK® Ultra formula twice daily lost an average of three times the weight as placebo (24.6 lbs vs. 8.1 lbs) in only 90 days. Both groups consumed a reduced calorie diet of 1350 Calories per day. Regular exercise and a reduced calorie diet are essential for achieving your weight loss goals. Read the entire label before use and follow directions. The logos and marks presented including SLIMQUICK® are protected by trademark law and may not be used without written consent. ©2010. All rights reserved.

which she now calls "marriage mediation." "Unlike traditional marriage counseling, mediation isn't about exploring your emotions or the roots of your issues; it's about identifying specific problems, hammering out solutions—and being committed to changing your ways," she says. Her technique: Approach your marital problems as if they were work issues. "Use a pad of paper or a white board to write everything down. It will help you remove some of the emotion from the situation." Once couples agree on a game plan, she tells them to put it in writing and sign the document as they would a legal agreement.

Nancy's marriage is now better than ever. When she has a bad day at the office, her husband will show up with homemade chocolate chip cookies, and he recently whisked her off to a seven-course gourmet dinner, just because. But more important: "He sticks to the rule that I get to hear his secrets and important news, and *first*." Of course, "it's human nature to revert back to old habits, but if you put your new plan in writing, it's harder to," Nancy says. "My husband and I still 'check in' every few months to make sure nothing negative is festering." So far, the agreement is binding.

"I'M A FINANCIAL EXPERT MARRIED TO A CHRONIC SPENDER"

In her mid-20s, Ellie Kay had a newly minted business degree, was debt-free, and was already a successful financial broker.

"We had maxed out all of our credit cards and didn't have money to buy groceries."

—ELLIE KAY, FINANCIAL EXPERT (WITH HER HUSBAND, BOB)

Then she met Bob. An Air Force fighter pilot, he had "the confidence of a Top Gun and the kindness of a Jimmy Stewart," she says. Oh, and $40,000 in debt. "I didn't realize what a mess his finances were until we were already in love," she says. "He was on a modest military salary and had to help support two children from his previous marriage, so our ability to dig out of that debt was very limited." Things got even trickier when Ellie quit her job to have kids (five in the first seven years they were married) and prioritize Bob's military career, which had them moving 11 times in 13 years.

COURTESY OF SUBJECTS.

SPIKE THINKS HIS STUFF DOESN'T STINK.

Although Ellie had always been frugal ("I'll wear underwear with holes in it!"), she soon realized that Bob was anything but. "He would go out to buy batteries and come home with a VCR—and we didn't even own a TV!" she says. Her low point came six months into their marriage, when she was pregnant with their first child. "We had maxed out all of our credit cards and didn't have money to buy groceries," she recalls. Unsure how they were going to eat, the couple went to pick up Bob's daughters from his former mother-in-law's house and, as luck would have it, found that she was cleaning out her pantry and had bags of groceries to give away. Ellie stretched the handout for six weeks.

That rock-bottom moment inspired Ellie to get serious about fixing their finances, and to get an equally humiliated Bob to sign on to doing it *her* way: "We made a commitment to stop the madness of spending and put every extra dollar to paying down the debt." Their extreme scrimping and saving meant secondhand clothes and no eating out, not even fast food. In two years, the couple eliminated every last dollar of that $40K debt, but rather than treat themselves, Ellie insisted that they build their savings instead. Occasional trips to McDonald's were now in the budget, but "I was adamant that we only go on Tuesdays, because that was Happy Meal night, and I'd eat one along with the kids," she says.

They couldn't have done it without communication. "We would sit down for an hour every Monday night after the kids were in bed and talk through our finances," she says. "And I made it a rule to always start out saying something positive, even if we were angry." After taking a hard look at the numbers and working through their issues of the moment, they'd agree not to talk about them again for a week. "This was crucial, because it kept us from being obsessed about money all of the time," she says. They also set some basic ground rules. They adopted what Ellie calls the "envelope system": placing all of their budgeted cash for the week in envelopes designated for groceries, gas, and other expenses. "That gave us a visual reminder of how much we were spending," she says. Any purchase of $100 or more had to be cleared with the other spouse. Ellie clipped coupons like crazy, and called up their credit card companies to ask for lower APRs.

Two decades later, Ellie travels the world for speaking engagements and has authored 14 books on personal finance. She says that the struggles of those newlywed years have inspired everything that followed. But that's not to say that her money issues are all resolved. "We bought an HD television a few years ago that works great, but now Bob really wants a flat-screen LED," she says. "I teach people that there's always going to be a newer TV, computer, or car, and you have to compartmentalize the urge to spend and be content with what you have. I call it 'choosing contentment'—and we'll always have to work hard on that."

THANKS TO THE NEW LITTER SECRET THAT DESTROYS URINE AND FECES ODOR, HE'S RIGHT.

INTRODUCING
ARM & HAMMER®
DOUBLE DUTY

The only clumping litter that combines ARM & HAMMER® Baking Soda with urine AND feces odor eliminators.
Love it or your money back.

SWITCH TO ARM & HAMMER®. YOU'LL NEVER GO BACK.
Visit us at DoubleDutyLitter.com

We've got a giant crush on Daniel Dae Kim

While he's most famous for playing hot-but-stern Jin on *Lost*, Kim is much more like the new character he plays on *Hawaii Five-0*: funny (but still hot).

Hawaii's most delicious export? It ain't pineapples.

DANIEL AT A GLANCE

The last thing he learned to do:

RIDE A MOTORCYCLE

Old TV show he wants remade:

THE LOVE BOAT

"I watched it every Saturday as a kid."

Fave Turkey Day side dish:

KIMCHI

"In Hawaii, where I live, they even serve it on burgers."

We hear you used to perform with an improv comedy group and get to use those skills on *Five-0*. How do you keep your wife laughing?
My new character is totally different than Jin. He's friendly—and he actually speaks English! So there have been a lot of light moments on set. I'm funny at home too, but not deliberately. My wife is usually laughing *at* me rather than with me.

Is it true that you've kept every love letter you've ever received? What's up with that?
Yeah, even ones from elementary school that are like, "I hate you. Meet me at lunch." I have this overly romantic notion that when I'm 80 I'll be in a rocking chair on the front porch and sift through them, remembering happy times.

Um, what does your wife think about that?
Most of them are from her. We still write each other. On birthdays or special occasions we'll write a note in a card and hide it around the house, like next to the toothbrushes.

What's the most important thing you've learned from almost 20 years of marriage that you want to teach your sons?
To think about the other person's perspective before you speak. There is as much wisdom in listening as there is in speaking—and that goes for all relationships, not just romantic ones.

It's Friday night, date night, as we do this interview. If you weren't working, what would you and your wife be doing?
Having a quiet dinner at a restaurant with a nice view, then maybe a movie. But usually we'll run errands. It's a joke between us that after a beautiful dinner, we'll say, "Let's hit the supermarket?" But with two boys and a new puppy, we don't get out much. We're usually home doing stuff together as a family, like watching *Modern Family*.

So which of the *Modern Family* couples are you and your wife most like?
Julie Bowen and Ty Burrell. I can relate to the mom being the commander of the house and the husband falling in line and saying "yes" to whatever she wants. Good survival technique.

Speaking of survival, on *Lost*, Jin chose death over living without his wife. What's more important: the occasional grand romantic gesture or regular little ones?
My wife will tell you it's the little things, like driving my boys to school on my days off so she can rest. We're not into PDA, but every time we end a phone conversation, we say "sarang," which means *love* in Korean. But we don't say it with the proper accent, so Koreans don't understand what we're saying and neither do Americans. It's our little secret—well, until now. —TIFFANY BLACKSTONE

CLOCKWISE FROM TOP RIGHT: RODOLFO MARTINEZ/CPI SYNDICATION, THE WASHINGTON POST/GETTY IMAGES, AARON SPELLING PRODUCTIONS/COURTESY EVERETT COLLECTION, OLEKSIY MAKSYMENKO/ALAMY.

WILMA'S HOLIDAY TREE

Active time: 10 minutes excluding assembly and decorating

1/4 cup (1/2 stick) butter or margarine (not spread)
1 pkg. (10-1/2 oz.) Miniature Marshmallows (6 cups)
1 pkg. (11 oz.) POST Fruity or Cocoa PEBBLES Cereal
1 container (16 oz.) ready-to-spread vanilla flavored frosting

SPRAY 13x9-inch pan with cooking spray.
MELT butter over low heat in large saucepan. Add marshmallows, stirring until completely melted. Add cereal; mix to coat well.
PRESS mixture firmly and evenly into prepared pan. Cool 1 hour in cool dry place. Using cookie cutters or star cutouts, carefully cut 2 of each size for a total of 10 stars. (Kids, ask an adult to help you.)
SPREAD 1/2 of frosting on tray to resemble snow. Use remaining frosting to attach stars, stacking largest to smallest and rotating points of stars to make a tree. Decorate as desired. Makes 1 tree.

For more delicious recipes, visit www.postcereals.com/recipes

©2010 Post Foods, LLC
THE FLINTSTONES: TM & © Hanna-Barbera. (s10)

Love your whole body (hey, he loves his)

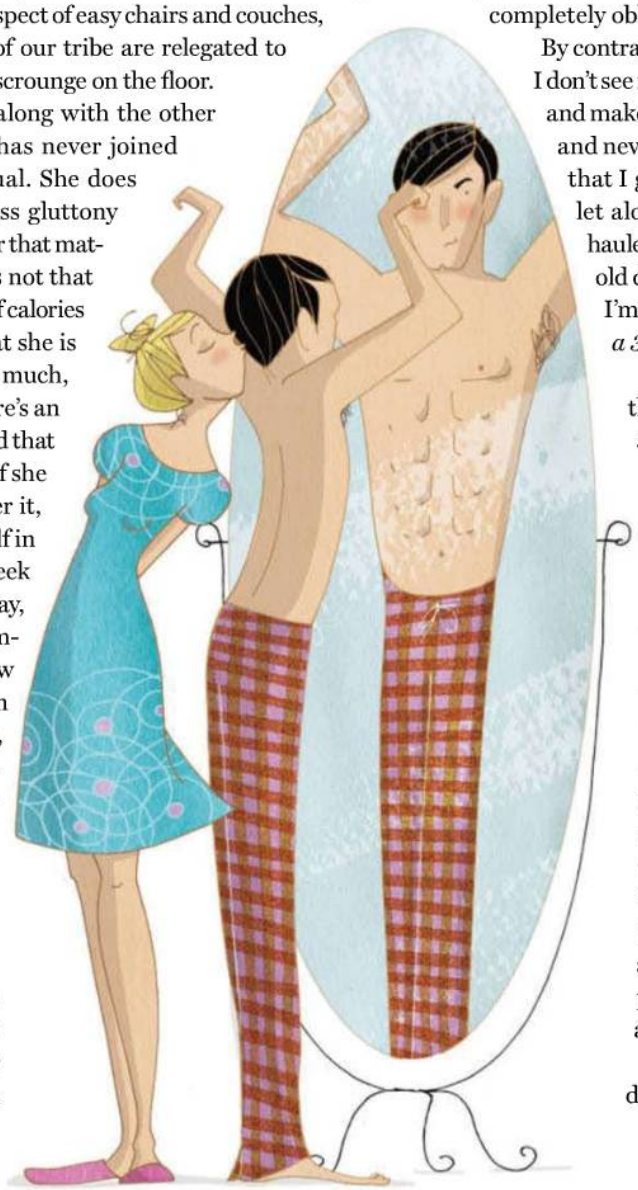
When men look in the mirror, they flex and wink at themselves. Women, on the other hand, mutter aloud about last night's carbs. Aaron Traister has an urgent plea: Relax! To that guy at the other sink, you're a total babe.

Redbook columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at redbookmag.com/aaron.

Like most men, I love the fact that Thanksgiving is all about food, family, and football. I have no qualms about eating until it literally hurts and then lying down in front of the TV to moan softly while I nurse a glass of scotch, watch whatever game is on, and hopefully digest enough of the pain away to be ready for dessert. The elders of the group are afforded the respect of easy chairs and couches, while the younger men of our tribe are relegated to whatever spots they can scrounge on the floor.

But my wife, Karel—along with the other women in her family—has never joined this Y-chromosome ritual. She does not give in to thoughtless gluttony during the holidays, or, for that matter, on any other day. It's not that she's a paranoid counter of calories or fat grams, it's just that she is aware of what, and how much, she is eating. It's like there's an invisible finish line of food that only Karel can see, and if she steps even a few feet over it, every time she sees herself in the mirror for the next week she'll grab her belly and say, "Look at how big my stomach is" or, "Look at how much weight I've put on this week." Meanwhile, I'm making the best possible use of leftovers by sandwiching turkey, mashed potatoes, gravy, and green beans between two slices of chocolate-chip pecan pie.

The stories I hear from my guy friends go pretty much the same way. Their wives behave a lot like Karel, who gazes in the mirror and critiques every part of her amazing body. It's impossible for her to look at photos taken in the months after she gave birth to the kids without commenting on how "chunky" she was. She's forbidden me to hang up some of my favorite photos of her because she can see mysterious flaws or proportional eyesores that I and the rest of the world are completely oblivious to.



By contrast, when I look in the mirror, I don't see my faults. I stand there naked and make funny faces and flex muscles and never once see the pound or two that I gained over Thanksgiving—let alone the extra 15 pounds I've hauled around since my 19-month-old daughter, Josie, was born. All I'm thinking is, *Hey, not bad for a 32-year-old.*

Seriously, I understand that there are plenty of guys over 30 who are in much better shape than I am, but why would I compare myself to them? I might give myself a complex. Besides, I (and most of the other guys I know) realize that our looks played only a small part in landing our wives. Sure, they factored in, but they pale in comparison to our sense of humor, our ability to provide security, and that confusing, uncontrollable thing we call love. I may not know what it is, but Karel seems to see something in me that compensates for my concave pecs and deforested hairline.

I worry that she thinks it's different for women—that men

ILLUSTRATION BY NATHALIE DION. TRAISTER: COURTESY OF SUBJECT.

fall hard for their looks, then expect perfect maintenance. But that's far from the truth. I may have noticed Karel initially because her personal-trainer-sculpted body had hills and valleys that would make Julie Andrews burst into song. But I'm here long after climbing every mountain because I fell in love with her funniness, her border-collie-like enthusiasm for life, and the nearly aneurysm-inducing sex. Guys may be shallow, but we're not stupid. We understand how the human body ages, and most of us have a fairly good grasp on the difference between fantasy and reality. I've never expected Karel to always look like she did when we first met. I thought she was stunning the moment I laid eyes on her nine years ago, and I thought she was stunning the moment she walked through the door half an hour ago—for very different reasons.

With the exception of a few tattoos, the Karel I married eight years ago looked like an alluring, 26-year-old blank slate waiting to be filled with stories, aglow in the possibilities of youth. But I imagine that staring at a blank page for the rest of your life would get boring, which is why it's so hard for me to understand how she can pinch and grab and criticize the parts of her that tell the best stories of our life. The scars on her belly, the changing shape of her breasts, the lines that are starting to appear on her face—these aren't imperfections; they're what keep me wanting to find out what happens next.

> How can she pinch and grab and criticize the parts of her that tell the best stories of our life?

In a relationship where Karel is usually the sensible party, it's ironic that I'm so much more practical about body image. I know a day of gluttony won't kill me, and that health and beauty have just as much to do with your heart and mind as they do with your body.

So, reader, if somewhere deep down a part of you has always wanted to join the menfolk on the living room floor after Thanksgiving dinner, go for it. We'll share the scotch, we'll make sure you have a view of the game—hell, Grumpers might even let you wield the remote. And your guy will be thrilled to have your hot body stretched out by his side. ®

Straight answer from the Whys Guy

Dear Whys Guy:
My husband has such bad road rage that we can barely stay in the car together for an hour. I miss taking driving vacations where you stop and see sights. Help!
—Tina, NE

Tina: I'm really the wrong person to answer this question, because I'm the best driver on earth, so it's completely reasonable that every other driver on the road infuriates me. As for getting *your* dude to calm down long enough to visit the Second Oldest Continuously Burning Lightbulb just outside of Fort Worth, uh… *you* could drive?

No, no, hear me out.

My wife gets crazy carsick when she's not driving, so she takes the wheel more often than not. I gotta tell you, it's great. I navigate, keep the snacks coming, and control the music, and she gets us where we're going with minimal cursing and hand gestures. Why not try that for a week? If your man is reluctant to hand over the keys (which I'm guessing he will be), just start groaning and tell him you're gonna be sick all over the dashboard. It worked for my wife.

Need help decoding odd male behavior? Email questions to redbook@hearst.com (subject: Whys Guy). Letters may be edited for clarity and length.

For special savings visit
Vyvanse.com

Restrictions may apply.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse or abuse. Selling or giving Vyvanse may harm others, and is against the law.

See adjacent page for Important Safety Information and Patient Brief Summary including Warning about Potential for Abuse and discuss with your doctor.

Vyvanse™ CII
(lisdexamfetamine dimesylate) capsules
20 mg · 30 mg · 40 mg · 50 mg · 60 mg · 70 mg

Vyvanse® is a registered trademark of Shire LLC.
Shire ©2010 Shire US Inc. VYV-02054 08/10

Vyvanse™ Ⓒ
(lisdexamfetamine dimesylate) capsules

20 mg, 30 mg, 40 mg, 50 mg, 60 mg, 70 mg capsules

MEDICATION GUIDE VYVANSE®
(lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?

Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:

- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients

- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers

- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See **"What is the most important information I should know about Vyvanse?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

- upper belly pain
- dizziness
- irritability
- nausea
- weight loss
- decreased appetite
- dry mouth
- trouble sleeping
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

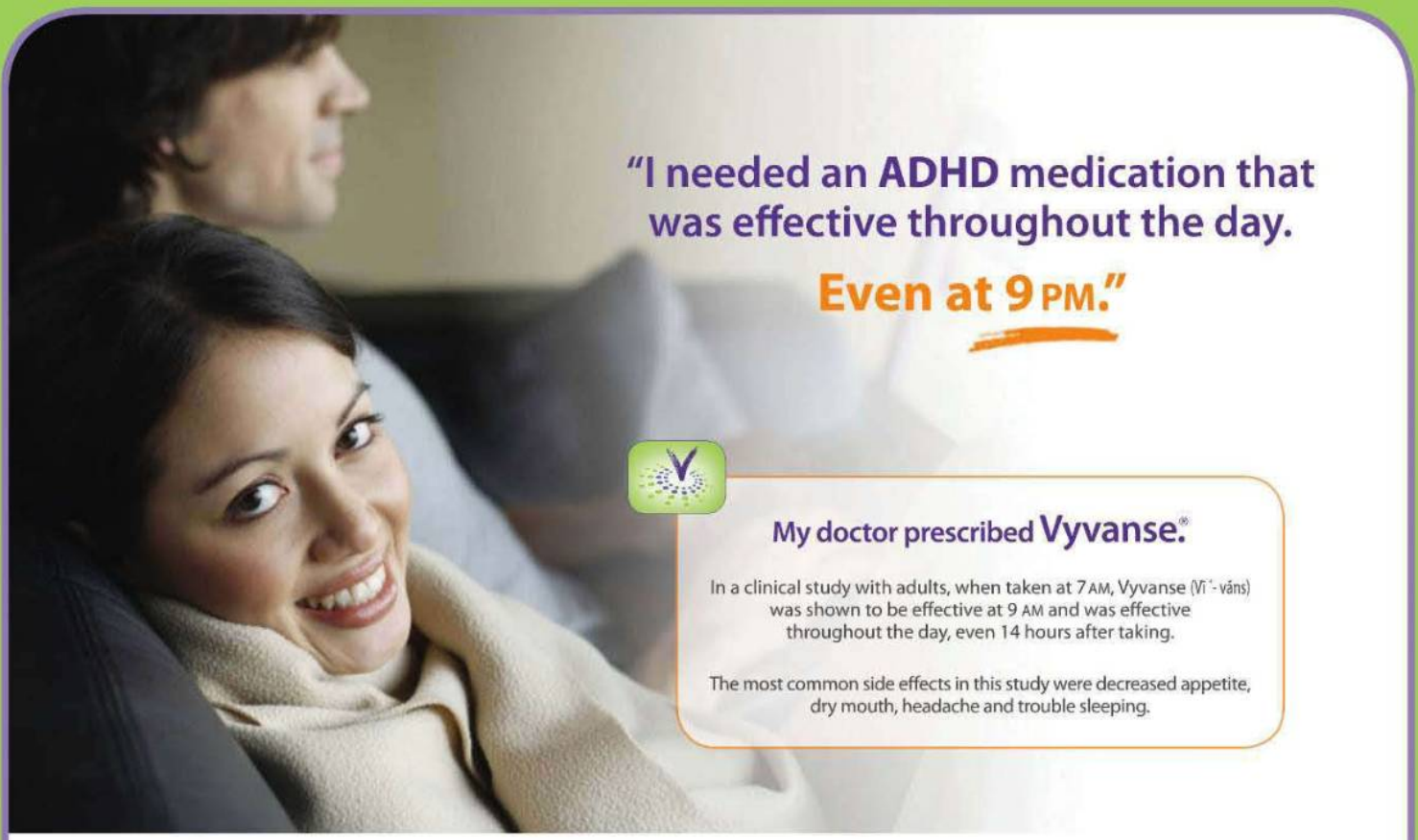
This Medication Guide has been approved by the U.S. Food and Drug Administration.

© 2010 Shire US Inc. US Pat No. 7,105,486 and US Pat No. 7,223,735

Last Modified: 04/2010

VYV-02044

Shire



INDICATION

Vyvanse® (lisdexamfetamine dimesylate) is a prescription medicine for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and two controlled trials in adults. Vyvanse should be used as part of a total treatment program that may include counseling or other therapies.

IMPORTANT SAFETY INFORMATION

Vyvanse is a stimulant medicine. Abuse of stimulants may lead to dependence. Misuse of stimulants may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with stimulant use.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor ***before*** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thoughts or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor ***immediately*** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Talk to your health care provider if your child experiences slowing of growth (height and weight). Children should have their height and weight checked periodically while taking Vyvanse. Your health care provider may stop Vyvanse treatment if a problem is found during these check-ups.

The most common side effects reported in studies of Vyvanse were upper belly pain, dry mouth, weight loss, irritability, vomiting, nausea, dizziness, trouble sleeping and decreased appetite.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

See adjacent page for Patient Brief Summary, including Warning about Potential for Abuse, and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088

For special savings, visit
VyvanseAdult.com
or call
1-866-630-1283

Vyvanse™ (II)
(lisdexamfetamine dimesylate) capsules
20 mg · 30 mg · 40 mg · 50 mg · 60 mg · 70 mg

Shire ©2010 Shire US Inc. Vyvanse® is a registered trademark of Shire LLC. VYV-02064 08/10

Remember the cuteness!

When your first-grader takes your push-up bra to show-and-tell (without telling *you*) or your distraught kindergartner declares, "You're fired!" it's unforgettable—until you forget it. "There are so many kid moments parents think they'll remember forever, but if you don't write them down, they just disappear," says Cori Howard, who teaches online writing classes at the momoirproject.com. No time to blog or journal? Try these readers' tactics.

"I got my 5-year-old, Scarlett, a Gmail account, and I write emails to her to open later—funny stuff like, 'Yesterday my trainer told you that if you eat too many donuts, you can have a heart attack. You looked at her blankly and said, 'I ate four once, and I was just fine.'" —MARY MOORE, 37, AUSTIN, TX

"When my girls were babies, I'd jot down what they did in my desk calendar. Now they're 7 and 5, and we go back and read amusing things like, 'Kate crashes book club meeting.'" —TRACY GUTH SPANGLER, 40, SOUTH ORANGE, NJ

"I keep two Word documents on my computer about my 3-year-old twins: Fiona's Funny Things and Quentin's Funny Things. Whenever one of them does something cute—like when Fiona held up a stick in the backyard and said, 'Mama, I can't reach it! I can't reach the sky!'—I type in a quick description and the date." —MELISSA MORGENLANDER, 38, BROOKLYN, NY

"I helped my kids *start a blog. Gideon, who's 8, types what Henry, 5, dictates. They write about everything from scoring a run in a baseball game to visiting their grandparents. I think it will be poignant when they're older to see how they viewed the world, in their words."* —HOLLEE TEMPLE, 36, MORGANTOWN, WV

What did she just say? Write sweet stuff down, stat!

HOW *HE* DOES IT

"When I play games with my kids, I play to win. If they want to be coddled, they can play with their mother. The first time I played the card game Snap! with my 3-year-old, she lost. But she came back the next day, and the next. Eventually, she figured out how to win. Now it's more challenging for both of us—even after the 212th time."

—**JOSHUA GANS**, author of *Parentonomics*

HAVE MORE FUN AT FAMILY DINNER

Activist **Laurie David** is known for raising hell against global warming. Now she's tackling the lost art of eating together in ***The Family Dinner***, out this month. The mom of two teen girls explains how she keeps the meal meaningful.

How can you get kids psyched about sitting down to dinner?
If they're little, ask them to find a special treasure in the house for a centerpiece. Then they'll want to sit at the table and talk about their toy truck or marbles. They'll also feel more invested in the meal if they help prepare it. Or make a weekly ritual and name it. My kids used to wake up and say, "Yay, it's Taco Tuesday!"

What are your favorite ways to get the conversation rolling?
Recently, we went around the table and named one another's pet peeves, which is how I learned that my niece is afraid of sponges! On Friday nights, we name our weekly highs and lows.

You credit dinners with holding your family together through your divorce from comedian Larry David. How did that work?
When couples divorce, the family dinner is usually the first thing to go. I said, "Let's keep it going—we're still a family, and we're going to sit down together even if we're miserable sometimes!" Meal after meal, things got easier, and it became the new normal. It's been an important ritual for my family, and a few times a month, Larry still joins us.

FROM TOP: EVAN SKLAR/GETTY IMAGES; JOE KOHEN/WIREIMAGE.COM, COURTESY OF PUBLISHER.

®, TM, © 2010 Kellogg NA Co.

How can the rest of your day possibly get any better?

The best part of your day starts with warm toasty
Eggo® Nutri-Grain® Waffles, made with whole grain.

IT'S COMPLICATED

Ah, loved ones. They make life worth living when they're not driving you around the bend. If you've got drama, Karen Karbo can help.

Advice guru Karen Karbo is a mom, a teacher, and the author of *The Gospel According to Coco Chanel.*

My name's not Jen!

My mother-in-law calls me by my husband's ex-girlfriend's name. When he asks her to stop, she smirks and says it was a slip of the tongue. I'm so angry that I want to sever my pseudo-relationship with her. Why should I try when she so obviously doesn't respect me? I feel like I'm in the movie *Monster-in-Law*. —S.M., 28, ORLANDO, FL

Don't cut ties yet. You have more power here than you imagine. You're the most important woman in her son's life now—and because of that, you should try to take the high road. This is a serious matter, but that doesn't mean you can't approach it with a sense of humor. The next time she "slips," call her out on it. Say, "You keep calling me Jennifer. I've been thinking maybe I should just change my name. What do you think?" Then you might put a comforting hand on her arm and tell her that you know it's taken her a while to get used to you, but it's time for her to just let "Jennifer" go—your husband sure has! The point here is to free your husband from being the go-between and get the whole thing out into the open so it can't fester.

This guy grosses me out!

My husband and I go out to dinner often with a group of other couples. Each time, about halfway through the meal, one of the men blows (and blows) his nose! I'm not the only one bothered by it. Is there a subtle way to say something? —C.A., 49, EAST HANOVER, NJ

Try: "I have a weird thing about nose-blowing. Could you do it in the bathroom?"

Why won't she get a real job?

My friend is temping but wants a permanent job. I've told her to take time off to interview; she says no, she'll lose money. I tell her to follow up with employers after sending her résumé; she says she'd seem desperate. Her lackadaisical attitude is so frustrating! Should I say something? Should I distance myself from her? —D.T., 40, PHILADELPHIA

Let me get this straight: You want to back off a friendship because your friend isn't doing what you tell her to do? I know it's irritating to offer excellent advice and have it ignored (believe me, I do!), but really, unless she's living in your house rent-free and eating all the Cheerios, how does this affect you? It's clear she's not ready to look for a full-time gig. But as friends, our role is to encourage someone and cheer them on, and most of all, accept them for who they are.

Should I tell my boss I know she's in AA?

Recently, I saw my boss walking out of an Alcoholics Anonymous meeting at my church. I know she saw me too. Since then, things have been uncomfortable between us. I'd never tell anyone and have nothing but respect for her. I have family members in AA; do I say that? Say anything? I'm worried my job is in jeopardy. —A.V., 29, SEATTLE

You're doing the right thing by sitting tight. If your boss wanted to discuss your path-crossing, she would have brought it up. If she's been in a 12-step program for any length of time, she's quite familiar with the whole "anonymous" thing and has experience deciding when and where to break her anonymity by admitting she's in AA. If by chance she does mention it someday, talk from the heart like you did here. But it's her issue, and her decision to bring it up. As time passes it will get less awkward—and the sooner you can let it go on your end and just move on, the sooner the tension will fade.

Help Karen Karbo help you!

Send your questions about friends, siblings, parents, men, kids, and anyone else in your life to karenkarbo@redbookmag.com. Letters may be edited for clarity and length.

TARA DONNE.

®Registered Trademark of Kimberly-Clark Worldwide, Inc. ©2010 KCWW

Softness worth sharing.

Kleenex® Brand is **America's softest tissue***. And now they are free to share. Send a Share Package by visiting Kleenex.com.

*Kleenex® Lotion, Ultra and Regular tissue softness compared to national brand regular tissues.

Some

in this

age the magazine business. They even failing

. A genre no might be surprised to

that

issues than those 35 and readership is growing. In fact, spend their

on magazine

question the

of suspect it's in tough

, longer in

. Well you readers 18-34 actually read older and that our overall nearly 300 million now subscriptions.

MAGAZINES
The *Power* of *Print*®

Before you lose it, take 10 deep breaths....

Could you go a week without yelling?

For every mom out there saying, "Sure, no problem," there are thousands more shouting, "Impossible!" Here's how a confirmed yeller got through seven whole days using her inside voice. By Amy Wilson

"Within each of us, ofttimes, there dwells a mighty and raging fury." —THE INCREDIBLE HULK

I don't consider myself an angry person. I can count on one hand the number of times I've shouted at my husband, and I wouldn't dream of raising my voice at a rude salesperson. In fact, in all the world, there are only three people I ever get veiny-necked at: my children, ages 7, 6, and 2.

I'm not proud that I couldn't imagine treating a line-cutting stranger the way I do my own flesh and blood on a daily basis. But strangers don't tend to work my last nerve like my own kids can. What I actually say when I yell at them tends more toward "I don't care how itchy it is—you're wearing that scarf!" than anything truly damaging, but nonetheless, I've been meaning to stop. Two years ago I gave up yelling at my kids for Lent. I should've known it wouldn't go well: If I couldn't last 40 days without dark chocolate, I'd never be able to abstain that long from my primary means of discipline. I went 10 days without chocolate. Without yelling? Four hours.

Recently, however, I've sensed that all my sound and fury is losing effectiveness. As I railed at my children one morning for fighting over Silly Bandz, I saw them cast furtive glances at one another—*Here she goes again*. That day, I gave myself a new challenge: no yelling at the kids for a week. Only seven days. At summer camp, when I was 9, I didn't brush my hair for a week on a bunkmate's dare. By the end, I could have happily worn a baseball cap for the rest of my life. Would a break from yelling be similarly liberating? I needed to find out.

DAY 1: THE CHALLENGE BEGINS

I send Seamus and Connor, my 6- and 7-year-old sons, to brush their teeth after breakfast, knowing that they can't peacefully coexist for more than 30 seconds. I hear them hollering through the floor. Then a thump that sounds like somebody's head. Then howls of rage.

Any other day, I'd take the stairs three at a time, shouting that they'd better cut it out if they ever want to see *Scooby-Doo* again in this lifetime. But today I just stand there, taking cleansing breaths, and after a few thump-

STEPHANIE RAUSSER/TRUNKARCHIVE.COM.

IS IT TIME TO RETHINK BRACES FOR YOUR TEEN?

STRAIGHTENING TEETH HAS COME A LONG WAY. Braces work. Yet, even though they come in bright colors these days, the brackets and steel wires still work the same way. Food still gets stuck in them. Flossing and brushing are an adventure. And, when you're a teenager sporting a mouthful of metal, easy and confident smiles can be hard to come by.

ALL SMILES. NO SACRIFICES.

Back when we were teenagers, putting up with the hassles of braces and feeling self-conscious about wearing them were necessary in order to get the smile you wanted. For today's teens, getting through those formative years can be a little tougher. Thankfully, straightening their teeth with Invisalign Teen™ is a lot easier.

THE ADVANTAGES ARE CLEAR. Invisalign Teen is a series of virtually invisible aligners that gradually straighten your teen's teeth. And because they're removable, proper dental hygiene is a cinch. Since most people won't even know your teen is wearing Invisalign, they'll have the confidence to keep on smiling. Best of all, treatment costs about as much as braces, and fewer doctor visits take up less of your time. Our aligners even include a color-coded indicator that tells you how long your teen's been wearing them.

FIND OUT WHY MORE AND MORE MOMS ARE CHOOSING INVISALIGN TEEN.

Choosing how to straighten your teen's teeth is a big decision. Visit our website to see what other teenagers and their parents have to say about us. Then take a few moments to take our Self Assessment together with your teenager.

Invisalign Teen will help give your teenager the confidence of a great smile—and they'll love you for it along the way.

Take the free Self Assessment at InvisalignTeen.com.

invisalign teen.

©2010 Align Technology, Inc. All rights reserved. Invisalign Teen and Invisalign are trademarks or registered trademarks of Align Technology, Inc.

filled minutes... silence. To my astonishment, their fight ends without my intervention, and no one loses an ear either.

I'm not yelling! I think, terribly proud of myself.

Problem: My kids are. Lowering my own voice has made it glaringly clear that my children live their entire lives at the top of their lungs. I stay out of their scuffles for the rest of the day, just listening to the din around me. Where did my children learn to go full-throttle like this? Sadly, the answer is obvious.

By saying almost nothing at all, I avoid yelling for the entire day—but this tactic won't work for a whole week. Is there a way to execute firm discipline in a kinder, gentler way?

DAY 2: SPEAK SOFTLY AND...

My plan for today is that I will interrupt their fighting, but each time I want to get louder, I will get quieter instead. Just like Supernanny does with her recalcitrant charges.

"Shut UP!" my oldest shouts across the kitchen table.

"No, YOU shut up!" his brother bellows back.

These words are forbidden in our house, but I'm tempted to yell them myself. Instead, I murmur so quietly that they have to ask me to repeat myself: "The next person who says 'shut up' has to do 10 push-ups."

The military-style threat quiets everyone down—except for my 2-year-old daughter, who says, "The next person to say 'shut up,' dem do 10 pushers?" Her brothers, suddenly sticklers for rules, insist she drop and give 'em 10. Maggie doesn't mind, but she's kind of vague on what push-ups are, exactly, and in the ensuing battle over whether her attempts count, my oldest accidentally uses the "S.U." words again, then refuses to perform his own punishment. Soon I'm standing over him shrieking like a demented drill sergeant because he won't do the push-ups I'd prescribed specifically to avoid yelling.

"How's your experiment going?" my husband asks when he gets home that night.

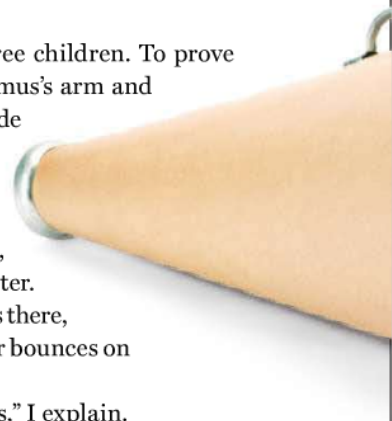
"I yelled at Connor this morning," I admit (on the defensive), "but he disobeyed me to my face!" David listens to my story and proceeds carefully. "Okay, he didn't do his 10 push-ups," he says gently, "but that was just a silly thing you made up. I mean, he wasn't running into traffic."

He's right. I was yelling about the push-ups, but the boys' fight was long over. To stop screaming, I need to learn to quit while I'm ahead.

DAY 3: THE STRESS TEST

I take the kids out to dinner with my friend Susan and her brood. Between us, we have five children ages 7 and under, which makes for a big, boisterous table. As our kids squirm and talk at top volume, the woman in the next booth gives me the fish-eye over the rim of her wine glass.

I want to say: If you're looking for a peaceful, child-free meal, lady, don't go to a pizza joint at 5:30 p.m. But I internalize her judgment of me as a bad mom who can't control three children. To prove her—and myself—wrong, I grab Seamus's arm and hiss under my breath: "Use your inside voice now, or I'm taking you right out to the car, mister!"



This quiets him down for a few seconds, then I have to threaten him again, then his brother, then him, then his sister. I'm in a full sweat, while Susan just sits there, enjoying a garlic knot as her daughter bounces on the banquette.

"That lady's shooting us dirty looks," I explain.

"Really?" Susan says. "I hadn't noticed."

"Maybe we should get the pizza to go," I say.

"Why?" Susan asks, genuinely confused. "They're not running wild. They're just being kids."

She has a point. I'm disciplining my kids to meet a stranger's standards. If their behavior isn't bothering anyone else in the restaurant, then the wino lady is the real problem.

DAY 4: IT'S A TONE THING

I go way easier on my kids today to make up for the pizza episode. When I find a trail of Goldfish crumbs across the living room, I don't conduct an interrogation; I Dustbust. When Maggie insists on wearing a tutu to the library even though it's 40 degrees outside, I let her wear it stuffed under her coat. I start to actually feel the calm I'm working so hard to project. I even think my kids are more peaceful. When David comes home, I meet him at the door to tell him my progress.

ME: "I didn't yell today! For real!" I shoo the kids upstairs while he raids the refrigerator.

DAVID: "Wow—good for you."

ME: "Kids! I said turn the TV off! Move it!" He sticks his head around the fridge door.

DAVID: "Uh. You're yelling."

ME: "That's not yelling!"

DAVID: "It's kind of yelling."

ME: "This! Isn't yelling! It's how I talk!" David smirks like someone who has just had his point made for him. "How else do I get them to brush their teeth the first dozen times I ask?"

DAVID: "Well, it's not only about decibel level."

ME: "What is it, a tone thing?"

DAVID: "If you notice, I don't really talk to the kids like you do."

ME: "If you notice, you don't really take care of the kids like I do." You can probably guess how the rest of the evening went: not so much volume, lots of "tone."

DAY 5: THAR SHE BLOWS!

Okay. Yesterday I thought I wasn't yelling and maybe I was, but today, I do *not* yell, in decibel or in tone. I smile and ask nicely, no matter how

I CAN'T BELIEVE I LOST IT OVER...

"My boys, ages 3 and 2, were running around like banshees buck naked—which they just love to do—and I yelled, 'Put your wangdoodles away already!' They just laughed and ran faster." —REBECCA GERSTUNG, CHICAGO

"In the parking lot at the county fair, my then-4-year-old son slugged me in the arm, and I yelled at him. He looked at me with sad eyes and said, 'Slug bug, Mom.'" —LORIE READING, NORTH JUDSON, IN

"My 3-year-old daughter blurted out an expletive, and I actually threatened to wash her mouth out with soap! Who did I think I was, a mom on a 1950s sitcom?" —CHERI OSMUNDSEN, SAN CLEMENTE, CA

LAMB/ALAMY.

many times I have to repeat myself. This may be considered success, but I'm so stressed from the effort that I might blow a gasket. Then dinnertime arrives.

"I didn't want ketchup on my hamburger!" Seamus howls. "I wanted it NEXT to my hamburger! It's RUINED, and YOU RUINED IT, MOMMY!" I stand still, gripping the kitchen counter, but it's not working—probably because he can see that Mommy Teapot is about to boil over.

Later my friend AJ tells me, "When one of my kids really gets going, I whip out the camera and tell them I want to capture the moment."

"And they stop whining?!" I ask.

"Sorta," she says. "At least it gives me something to do besides throttling them." Huh. I've been meaning to take more pictures of the kids....

DAY 6: THE SIMPLE TRUTH

My friend Cece calls from Chicago at 9:30 a.m. on Saturday. As soon as I answer the phone, all three of my children start pulling on my pajamas wanting their second breakfast—you know, the one kids demand as soon as you finish dumping out the cereal they didn't eat 20 minutes earlier.

"I will make you French toast, but I'm on the phone," I hiss, and after a few minutes trying to catch up with Cece, crack eggs, and break up three fights, I hang up and tell them how disappointed I am in what I must admit is a slightly raised voice. The rest of the day, I focus mostly on the kids, and things go more smoothly.

Suddenly I realize: multitasking causes yelling. If I don't attempt to do anything besides parent my kids—including getting dressed and using the bathroom—why, I won't have to yell!

DAY 7: AN ALL-NEW MAD MOM

I wake up feeling enlightened. It's like a juice fast: impossible for six days, but suddenly I can do it forever. I marvel at how far I've come, and we have an amazing, sun-dappled day.

The kids are wild after dinner, and it takes me an extra half hour to get them down, but I don't crack. As I settle into the couch for what is, next to my family, the most important thing in my life—an all-new *Mad Men*—my heart swells with pride. And then Connor appears at my elbow to say, "Mom, I'm not tired."

ME: "Go to bed, buddy."

CONNOR: "But I'm not tired!"

ME: Firmly: "It's an hour past your bedtime!"

CONNOR: "NO! I want another story!"

ME: Getting louder: "No! No story! Mommy is closed!"

CONNOR: "But—"

ME: At full blast: "I'm DONE! Do you hear me? GO TO BED!"

And just like that, I went Betty Draper on him. I made it until 10:15 p.m. But I still failed.

So there you have it: I couldn't stop yelling for a week. But I did yell less. And I realized when and why I do it, and that, okay, it has less to do with the kids' behavior and more with my own moods. I'll probably keep yelling, but I'll also keep trying to stay calm. If the Hulk can turn back into Bruce Banner, there's still hope for me. ®

The big C: a family adventure

When Carla Power had to tell her daughters she had breast cancer, she just wanted to reassure them that everything would be okay. Turned out, they already knew it.

It was the talk I'd been dreading most since my diagnosis: telling my daughters, Julia, 8, and Nicola, 6, that I had breast cancer. We'd planned it, my husband, Antony, and I, as carefully as Obama's staff does a major policy speech. I chose the venue thoughtfully: a nearby park, pleasant but not a favorite, so we needn't return to it if the conversation proved traumatic. I'd polled friends on whether to use the word *cancer*. One suggested I speak of "naughty cells" instead. After much deliberation, I decided that if I had the disease, my kids would need to learn the word. I didn't want them hearing it from anyone else, whispered sotto voce by scared mothers or lobbed around carelessly by other kids on the playground. The hospital had given us a book for kids, *The Big C*, with pictures of wan-looking mommies brushing their wigs. I'd torn out the page about dying, tucking it into a drawer, willing myself to believe we'd never need it.

And so we sat on a bench, we four, that Sunday morning early last summer, reading *The Big C*. I told them that the doctors would give me strong medicine and I would be fine, but often tired and maybe even bald for a while. Nicola began crying at the baldness bit, but I assured her that she could help me pick out a wig, and that I'd need her to help me wrap pretty scarves around my head.

We strolled home, got an ice cream, and ran into a neighbor. "Are you guys going to be around this summer?" he asked. "We're definitely going to be here," responded Julia brightly, pausing between licks. "Because my mommy is going to have... (flourishing with both hands, cone aloft, like the Statue of Liberty's torch) ...cancer!" The neighbor and I exchanged glances, then both burst into giggles. And so it was that Julia drained the dreaded "Big C" of its old connotations and gave it new ones. She rendered it an Event, a summer happening worthy of the same tone as having a baby, or a book launch, or a solo show at the Guggenheim Museum. Of course, Antony and I knew it wouldn't be as joyous as any of those. But after Julia made the word her own, we also knew that cancer would be something we would all weather, together.

Carla Power is a journalist living in London. She will finish her cancer treatments in December.

ILLUSTRATION BY LARA HARWOOD

BIRDS EYE® PRESENTS
3 NEW CREATIONS
THAT MAKE MEALS COME ALIVE

NEW BIRDS EYE® STEAMFRESH®
WHOLE-GRAIN AND VEGETABLE BLENDS

Multi-Grain Blend with Spinach, Tomato & Onions
Brown & Wild Rice with Broccoli & Carrots
Brown & Wild Rice with Corn & Carrots & Peas

The dinnertime possibilities are endless.
See more at **BirdsEyeSteamfresh.com**

©2010 Birds Eye Foods LLC

Cheryl Hines, interviewed by her daughter Catherine, 6

Catherine: Have you ever had a pet?

Cheryl: Well, when I was a little girl we had 17 cats once. They all lived outside, and they kept having more kittens. My mom made us put little ribbons around each kitten's neck, put them in a wagon, and go door-to-door around the neighborhood to try to give them away.

Catherine: How many times do you think Buddy has pooped in the house?

Cheryl: I would say at least 21 times. It's a good thing I love that Yorkie terrier.

Catherine: Do you like your job on *School Pride*?

Cheryl: I do. I like going to the different schools and meeting all the different students and teachers and getting to help out. Do you know what the show is about?

Catherine: It's about kids and schools and prides. You decorate schools and make sure toilets are clean, because at some schools the toilets are very, *very* bad.

Cheryl: Yep!

Catherine: Mom, how come we call Grandma Cracklin?

Cheryl: When she was about to be a grandmother, she felt she was too young to be called Grandma. Her name is Rosemary, so your aunt and I named her Cracklin Rosie, after the Neil Diamond song.

Catherine: I thought we call her Cracklin because she cracks up a lot.

Cheryl: That's what makes her a true Hines.

Catherine: What's your favorite outfit? Please say high heels, high heels, *high heels!*

Cheryl: I know you like it when I wear fancy clothes with high heels and usually a lot of sparkles.

Catherine: Do you remember the first time I ever ate chocolate?

Cheryl: How could I forget? You couldn't talk yet, so when you ate a piece, you started clapping.

Catherine: Do you remember when I was born?

Cheryl: Of course I remember!

Catherine: You do?

Cheryl: What I remember most is that it was the happiest day of my life. —ADAPTED BY LORI BERGER

This fall, catch Hines making over America's schools on NBC's *School Pride*, and in *Curb Your Enthusiasm* early next year.

MICHAEL TAMMARO/RETNA. INSET: COURTESY OF CHERYL HINES.

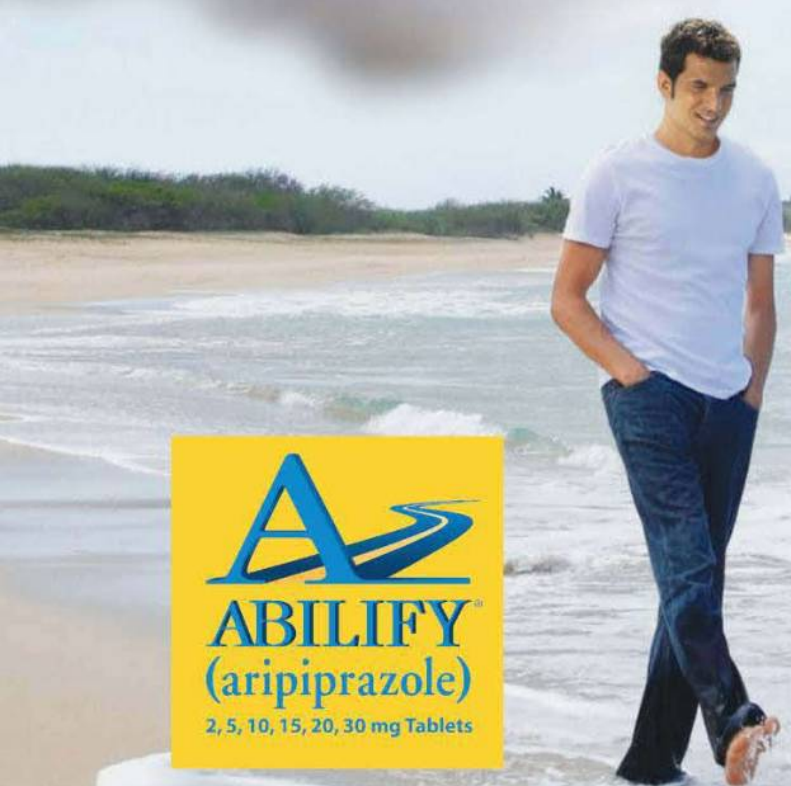
B I P O L A R D I S O R D E R ?

GETTING HELP MANAGING MY SYMPTOMS WAS A WAY TO MOVE FORWARD.

Maybe ABILIFY can help you.

ABILIFY (aripiprazole) is clinically proven to help control the symptoms of manic and mixed episodes of Bipolar I Disorder in adults. It is one of many treatment options.

Hundreds of thousands of adult patients have been prescribed ABILIFY. Ask your healthcare professional if once-a-day ABILIFY is right for you.



ABILIFY®
(aripiprazole)
2, 5, 10, 15, 20, 30 mg Tablets

FOR THE ROAD AHEAD

www.abilifyinfo.com

IMPORTANT SAFETY INFORMATION:

Elderly patients with dementia-related psychosis (for example, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

- Call your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called **neuroleptic malignant syndrome**
- If you develop abnormal or uncontrollable facial movements, notify your doctor, as these may be signs of **tardive dyskinesia**, which could become permanent
- If you have **diabetes** or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

Most common side effects (≥10%) from all clinical trials involving adults include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, insomnia, and restlessness.

Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparx.org

Partnership for Prescription Assistance

Individual results may vary. Actor portrayal.

Bristol-Myers Squibb Otsuka Otsuka America Pharmaceutical, Inc. ©2010 Otsuka America Pharmaceutical, Inc., Rockville, MD 570US09AB29413 May 2010 0310A-0537 Printed in USA

ABILIFY
(aripiprazole)
2, 5, 10, 15, 20, 30 mg Tablets

IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-i-fi) (aripiprazole) (air-i-PIP-ra-zall)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used alone or with lithium or divalproex to treat manic or mixed episodes of Bipolar I Disorder in adults or pediatric patients (10 to 17 years).

What is Bipolar I Disorder?

Bipolar I Disorder is an illness with symptoms thought to be caused by an imbalance of brain chemicals. People who have Bipolar I Disorder tend to experience extreme mood swings, along with other specific symptoms and behaviors. These mood swings, or "episodes," can take three forms: manic, depressive, or mixed episodes. Common symptoms of a manic episode are: feeling extremely happy, being very irritable and anxious, talking too fast and too much, and having more energy and needing less sleep than usual. Common symptoms of a depressive episode include: feelings of overwhelming sadness or emptiness, low energy, a loss of interest in things, trouble concentrating, changes in sleep or appetite, and thoughts of dying or suicide. A mixed episode includes symptoms that are both manic and depressive.

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure **may be signs of NMS, a rare but serious side effect that could be fatal.**

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening mood symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Be sure to tell your healthcare provider:

- About any medical conditions you may have
- Whether you're taking any other prescription or over-the-counter medicines, vitamins, or herbal products
- Whether you're pregnant, plan to become pregnant, or are breast-feeding
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family has had seizures
- If you or anyone in your family has had high blood sugar or diabetes

What should I avoid when taking ABILIFY (aripiprazole)?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia.

Common side effects in pediatric patients (6 to 17 years) include: sleepiness, headache, vomiting, extrapyramidal disorder (for example, uncontrolled movement disorders or muscle disturbances such as restlessness, tremors and muscle stiffness), tiredness, increased appetite, insomnia, nausea, stuffy nose/sore throat, and increased weight.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY (aripiprazole) due to side effects?

The percentage of adults who discontinued taking ABILIFY due to side effects compared to those treated with sugar pill was 11% and 10% in clinical trials of ABILIFY used alone and 12% and 6% in a clinical trial of ABILIFY used with lithium or divalproex.

In clinical trials, the percentage of pediatric patients (10 to 17 years) who discontinued taking ABILIFY due to side effects was 7% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMELT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at
www.abilify.com/bipolardisorder

* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/09 1239550A7.

Bristol-Myers Squibb Otsuka Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.

Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

©2009 Otsuka America Pharmaceutical, Inc., Rockville, MD

570US08C8S01904 0309L-2755 D6-B0001D-11-09-BD November 2009

Discover Clean Sheet Week™
© 2010 P&G
new
New Ultra Downy April Fresh has scent pearls that let you climb into renewing freshness for 7 days. Join the conversation at facebook.com/Downy
ULTRA Downy april fresh
feel more

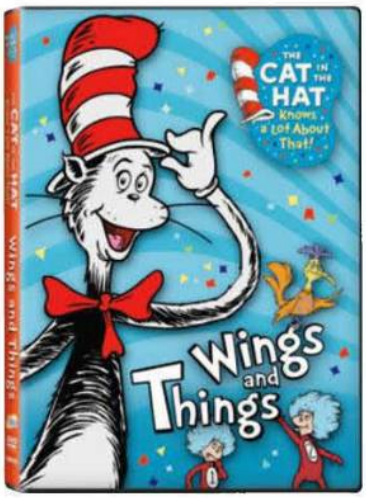
toying around WITH REDBOOK

YOUR GUIDE TO HOLIDAY SHOPPING

Overwhelmed by your holiday to-dos? If so, help is here! This special section will make it easier to track down kid-pleasing gifts for all the little ones in your life—regardless of their age or interests. Plus, you'll find tips for making smart, safe selections from the Toy Industry Association. So, get out your list. We promise we'll make gift giving feel like child's play!

Sponsored by Energizer®

Visit **redbookmag.com/toys** for shopping tips, downloadable gift tags, and more!



Now your kids can enjoy a classic and explore the wonders of nature with Dr. Seuss' beloved *Cat in the Hat* and his friends Sally, Nick, Thing 1, and Thing 2.

Why do birds migrate? Where does honey come from? Luckily, **The Cat in the Hat Knows a Lot About That!** In the new ***Wings and Things*** DVD, featuring Martin Short as the voice of The Cat, your child will travel to exotic locales on the Thing-a-ma-Jigger and enjoy the antics of the Cat in the Hat.

This 60-minute series also includes bonus material such as Fish Facts, Hat Chats, Thing Thing segments, and original songs—and best of all, they'll never know they're learning!

Every year an array of "hot" toys come and go. But it's the classic toys that never go out of style, have been loved by children for generations, and make the perfect pick for your gift recipients—no matter how old they are. Need some ideas? Think about what toys you loved as a little one—from the characters and cars you played with, to marbles, jump ropes, and balls of all shapes and sizes.

TOY INDUSTRY FOUNDATION

The Toy Industry Foundation believes that every child, regardless of circumstance, deserves the right to play. Unfortunately for many kids, the natural wonder of play is often elusive. The TIF works year-round to put toys in the hands of children living in poverty, suffering from chronic illness, rescued from crisis situations, or living with the stress of having a parent in the military.

To find out how you can help, visit toyindustryfoundation.org.

Give

Entertainment that Educates

In stores now!

Get

Free games and printables that educate at www.theyarelearning.com

NCIRCLE

TOY BUYING TIPS

Pick the safest, most constructive, age-appropriate toys with these tips from the Toy Industry Association:

BIRTH TO SIX MONTHS Babies can't yet grasp objects, so they tend to use their ears and eyes to experience play. Go for toys that make noise or have high-contrast, black-and-white, or brightly colored images.

SIX TO TWELVE MONTHS As they're mastering their motor skills, babies who can sit up enjoy toys they can bang, stack, put in and take out, and open and shut. Once they start moving, find toys that move along with them.

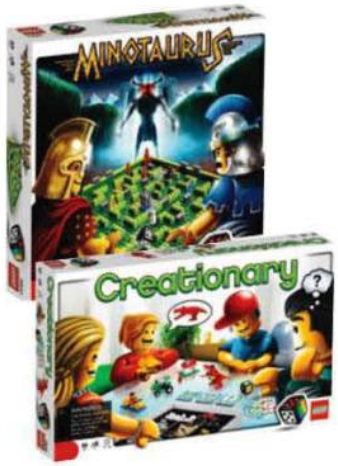
ONE TO TWO YEARS Fueled by curiosity and wonder, incredibly active toddlers need toys for physical play: walking, climbing, pushing, and riding. Imaginative and educational toys are also highly beneficial.

TWO TO THREE YEARS Older toddlers love jumping, climbing, and throwing—and enjoy toys for active play. And with their good hand and finger coordination, arts and crafts, puppets, blocks, and simple puzzles make great choices.

THREE TO SIX YEARS Masters of make-believe, preschoolers and kindergartners like to act out grown-up roles and use costumes and props to bring their imagination to life. Materials for arts and crafts are also popular with this age group.

SIX TO NINE YEARS Play that requires strategy and skill, such as board games and tabletop sports, are perfect picks for school-age children. Fashion dolls and action figures allow them to explore grown-up worlds, while age-appropriate sporting equipment is also enjoyed.

NINE TO TWELVE YEARS Preteens begin to develop hobbies and enjoy crafts, model kits, magic sets, construction sets, science kits, and jigsaw puzzles. Team sports also become popular for kids this age.



It's not all fun and games! Playing board games actually helps children think logically and practice skills like counting and reading, and it teaches them about healthy competition. Plus, games are a great way for parents to connect with their kids.

There's a new way to play! Introducing **LEGO® Games**, the world's first collection of games that you build, play, and change. With the unique buildable LEGO Dice and changeable rules, LEGO Games is a new way of having fun together with family and friends.

Taking the LEGO experience to another dimension, LEGO Games offers genuinely fun game play that you can change using your own ideas. With the freedom to make the game your own, LEGO Games delivers a new and exciting play experience every time.

Share the fun of building and playing, create and design your own game, share your ideas, and be inspired by others online—whichever way you look at it, LEGO Games is a whole new way to play.

---

play it safe

Joan Lawrence, VP of safety at the Toy Industry Association, and a mother of three, provides her top safety tips.

1. Check and follow age guidance and other safety information on packaging.
2. Avoid toys with small parts (or pieces that separate or can be broken off) for children under age three and children who mouth toys.
3. Inspect toys at the store, looking for sturdy parts that can stand up to the rigors of your child's play.
4. Read instructions for assembly and use. Complete and return warranty cards (which are also used if a recall is issued).
5. Remove and discard all packaging from a toy before giving it to a baby or small child.
6. Separate toys to ensure that younger children cannot access toys that are too old and potentially unsafe for them.
7. Supervise children when they play. Remind caregivers, including grandparents, of play-related safety concerns.
8. Exercise caution when buying toys at flea markets and second-hand shops as these vendors may not be monitoring for recalled products.

For more safety and shopping tips, visit www.ToyInfo.org

LEGO® Games. Play a new way.

ONE OF 10 NEW GAMES NOW AVAILABLE IN THE BOARD GAMES AISLE!

Create and customize with NEW LEGO Games, a whole new way of spending fun, quality time with the family! LEGO Games are designed to be a new game every time they are played, encouraging children of all ages to build the game differently or change the dice to keep game play fresh and exciting.

LEGO

Build game nights to new heights.

For more information visit: games.LEGO.com

Follow us at: Facebook.com/LEGOGames

LEGO and the LEGO logo are trademarks of the LEGO Group. © 2010 The LEGO Group.

TOP TOYS OF 2010

What are some of the toys your kids will be clamoring for this holiday season? Read on for top toy picks from **Amazon.com.**

MiYim Simply Organic Dr. Seuss
Made from 100% organic cotton and colored with MiYim's all-natural Pure WaterWash process using only plants and minerals. Cat in the Hat. Age 1 month **$24.99**

Sprig Eco-Trucks
Digging, loading, dumping. Sprig Eco-Trucks are fully equipped with flip-open cabs and easy-grab handles, making each free-wheeling vehicle inviting and a cinch to maneuver. Dump Truck; Front Loader. Age 3+ **$12**

Fisher-Price IXL
One of the coolest, hottest tech learning products for pre-schoolers. This dynamic, smart device puts learning fun into the ultimate handheld gadget with six great applications. Age 3-6 years **$79.99**

Diary of a Wimpy Kid The Cheese Touch Game
Based on author Jeff Kinney's *Diary of a Wimpy Kid* book series, now a major motion picture. Age 7+ **$23.99**

My Pillow Pets
Award-winning super-soft plush creatures that are snuggly companions for imaginative play and comfy pillows for bed, television, or travel time. Age 3+ **large $24.95; small $15.95**

For more top toy picks, visit amazon.com/redbook.

amazon.com

Get prepped for presents! Being prepared isn't just important for Boy Scouts, it's crucial for anyone heading into the holidays. Make sure you've got everything you need with these gift-giving survival tips:

- Buy wrapping paper in bulk so you've got plenty on hand no matter how many people are on your gift list. Get creative and think outside the box by using paper bags, recycled magazines, and other materials to wrap presents in a bind.
- Stock up on key supplies such as scissors, tape, tissue paper, and ribbon and keep them in one gift-wrapping "station"—whether that's a designated room, table, or box under your bed.
- Get ahead by gift-wrapping after each shopping trip or at least once a week. Leave it all to the last minute, and you'll be drowning in a pile of presents.
- If you're planning to mail packages to out-of-towners, be sure to pack properly to ensure gifts arrive intact, and allow enough time for your gifts to arrive by the holiday.
- Nothing's worse than giving a gift that your recipient can't enjoy on the spot. Prevent this present faux pas by stocking up on batteries. **Energizer® MAX®** offers a complete line of long-lasting batteries for all the battery-powered gifts you give. Energizer® MAX® batteries not only have a 7-year* shelf life, but as the world's first** zero mercury alkaline battery, they're better for the environment (and have been since 1991!).

*AA, AAA, C, D **Commercially available.

ENTER TO WIN!

TOP TOYS OF 2010

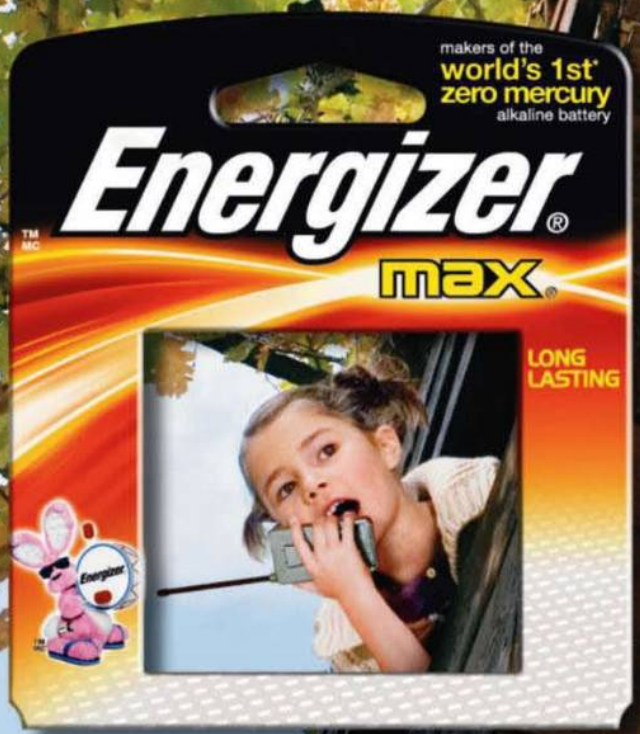
3 LUCKY WINNERS will each receive a **selection of holiday toys from Amazon.com**, plus a supply of **Energizer® Max®** batteries.

At the Amazon.com toy store, you'll find low prices on hundreds of thousands of toys, games, and other products for children of all ages.

Visit redbookmag.com/toys for your chance to win!

Sponsored by Hearst Communications, Inc. Beginning 10/19/10 at 12:01 AM (ET) through 11/30/10 at 11:59 PM (ET) go to redbookmag.com/toys and complete and submit the entry form pursuant to the onscreen instructions. Odds of winning will depend upon the total number of eligible entries received. Must be a legal resident of the 50 United States or District of Columbia who has reached the age of majority in his or her state of residence at time of entry. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at redbookmag.com/toys.

Time for a cootie-free tea party.



Long lasting to share more secret passwords.
Mercury-free to keep the bad stuff out of headquarters.
So keep talking. *Keep Going*®

now that's positivenergy

energizer.com

Find us on Facebook

*Commercially available since 1991. ©2010 Energizer. Energizer, Energizer Bunny design, card and label graphics and other marks are trademarks of Energizer. Facebook is a registered trademark of Facebook, Inc.

*, ™, © 2010 Kellogg NA Co.

You'll use taste buds you didn't even know you had.

Crunchy slivers of sliced almonds. Plump and chewy dried cranberries. Sweet yogurt clusters with just a hint of vanilla. It's Raisin Bran with so much more. And now, there's even more cereal in every box.

MAKE IT WORK

TIME, JOB & MONEY TIPS YOU NEED NOW

IT'S 3 P.M.

How to **really relax** on Sunday afternoons

● **Head off workweek dread.** Spend a few minutes on Sunday morning compiling a to-do list for Monday. (Rememberthemilk.com makes the task *almost* enjoyable.) "Do a mental dump and you won't carry anxiety around with you," promises Christine Louise Hohlbaum, author of *The Power of Slow*. You may now return to your previously scheduled weekend fun.

● **Hook up with a good book.** Just six minutes of reading can reduce stress levels by 68 percent, per a 2009 study. Unlike, say, watching television, reading requires real concentration, and the distraction can ease tension in your muscles and heart. Or just listen to music, which has been shown to reduce stress by 61 percent.

● **Grab some home-alone time.** Ask your husband to escort everyone out, and skip the guilt: Kids who chat regularly with their dad are happier than those who don't, says a new study from the Children's Society in the U.K. To stifle the urge to putter around cleaning up (assuming you don't own a straitjacket), take a walk—or an actual *nap*. —LINDSEY PALMER

STEPHANIE RAUSSER/TRUNKARCHIVE.COM.

Take the cheap challenge: Cook with what's on sale!

LIVING LARGE ON $66,000

How do Carly Fauth, 32, and her family feel rich on that? With painless saving strategies she cooked up after losing her job.

When I was pregnant with our son and my husband and I had just closed on our house, I was laid off from a PR agency in Boston. Suddenly, we had to tighten our finances. I don't have the patience for coupon-clipping, so I came up with ways to save money *and* time. Even though I'm working again—as a staffer at thredup.com, a clothing-swap website—we've stuck with the good habits.

- **I don't make grocery lists.** Instead, I build meals around what's on sale at the store. A few times a month, I go through my pantry and make a meal out of whatever's there.
- **I ditched my $50-a-month gym membership for a $500 elliptical,** which paid for itself in 10 months. I also buy fitness DVDs, and my friends and I work out in one another's living rooms. It makes sit-ups more fun!
- **We got a better deal on our mortgage.** My husband (he's a teacher) and I tried to refinance earlier, but our home had lost too much value for it to be worth the costs. Then the government extended the Home Affordable Refinance Program (HARP) to help people like us, who pay bills on time and have good credit. We lowered our interest rate from 5.875 percent on a 30-year loan to 4.6 and saved $350 a month.
- **I think of the environment,** and it saves us hundreds of dollars every year. We lower our thermostat in winter and use AC only when it's sweltering hot.
- **I swap child care with friends.** Date night's a must, but the cost of sitters adds up. So my friends and I have a deal to watch one another's kids. —AS TOLD TO LAUREN JOHNSON

FIVE-MINUTE MONEY MANAGER

Speed up your **saving!**

When I wanted to lose five pounds, a looming high school reunion motivated the weight right off me. Having a saving goal—something meaningful you're socking away money for—works the same way. Three ideas:

- Mint Goals, a new tool on the free money-management site mint.com, calculates how much you'll need to set aside for a specific dream (such as a home down payment). It tracks your progress with each deposit (yay!) and registers the negative impact of each splurge.
- The proven no-tech method: Divide the cost of the item by the realistic number of months you'll need to save for it. Then open a new bank account strictly dedicated to reaching that goal, and have money automatically deposited from your paycheck each month.
- Request an offline account so you can't withdraw on a whim; to take out the money, you'd have to pick up the phone or visit in person. You know you're too lazy to do either, which is a good thing!

REDBOOK's money expert, Beth Kobliner, author of *Get a Financial Life*

MY *BEST* CAREER ADVICE By Carol Bartz, CEO of Yahoo!

"Most workers think it's best to climb the career ladder in one specific area, **but the smartest thing you can do is move laterally.** You gain more experience, and working in different areas shows you're willing to take risks—and *that* makes you stand out. By the time I took my first CEO job, I'd run and managed nearly every function at companies: sales, finance, you name it."

CLOCKWISE FROM TOP LEFT: KATE POWERS/GETTY IMAGES, TARA DONE, IMAGEZOO/GETTY IMAGES.

Make the right choice.

BAKED not FRIED

Facts: **Pop-Tarts®** Frosted Strawberry Toaster Pastries		Facts: **Toaster Strudel®** Strawberry Pastries
5g	Total Fat	8g
1.5g	Sat Fat	3.5g
0g	Trans Fat	1g
0mg	Cholesterol	5mg
7	Good source of Vitamins and Minerals	0

Kellogg's® pop-tarts® toaster pastries

Always baked.
Never fried.

®, ™, © 2010 KELLOGG NA CO.
PILLSBURY,® TOASTER STRUDEL® and the Doughboy are trademarks of the Pillsbury Company, L.L.C.

Mia Hamm does "soccer mom" *her* way

"We go to the park near our home almost every day."

"Fans like to tell me that they've named their pets after me! There are a lot of dogs, cats, and hamsters called Mia out there."

After becoming the youngest woman to win a World Cup title and leading her team to an Olympic gold medal, soccer star Mia Hamm retired her cleats at 32. Since then, she's married baseball player turned ESPN analyst Nomar Garciaparra and had twin daughters, Ava and Grace, now 3. "I don't actually feel retired," says Mia, 38. "As any mother knows, parenthood means being on 24/7!" Mia's also busy with charity work: She's a spokesperson for giveyourhealthashot.com, a campaign that encourages adults to stay up on their vaccinations. "Having been a pro athlete, I know how incredibly important it is to stay healthy," she says, simply. She works out by doing things like 50 squats a day—while picking up Lego pieces. Dates with her husband sometimes happen at the gym. As she explains, laughing, "It's one of the few places we can have a conversation without constant 'Mommy! Daddy!' interruptions." —LINDSEY PALMER

"Nomar is out of town half the week for ESPN, so the girls and I watch him on TV. Ava yells, 'Hi, Daddy!' to the screen, and then she turns to me and says, 'Mommy, why isn't Daddy saying hi back?'"

"We love that the girls are active, but we won't push them to be soccer or baseball stars. They're their own people. One of my daughters wants to take ballet, and I'd love that; my mom was a ballerina!"

"The girls love playing with my medals. The other day the ribbon fell off one, and they thought they broke it! I just said, 'Oh, well.'"

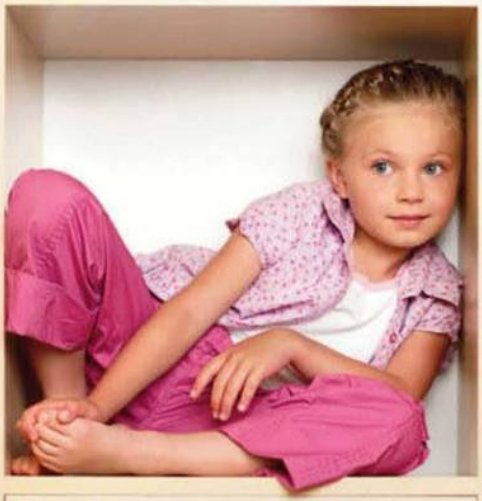
"Our go-to salad has strawberries, blue cheese, and walnuts. I admit we sometimes eat it five nights a week—the kids too."

"This is me at age 8."

CLOCKWISE FROM TOP RIGHT: COURTESY OF SUBJECT, ESPN INC., COURTESY OF SUBJECT, MARCOS BRINDICCI/REUTERS/CORBIS, HEATH ROBBINS/GETTY IMAGES, ANDY MEAD/YGJ/ICON SMI/CORBIS, CHRIS STEIN/GETTY IMAGES.

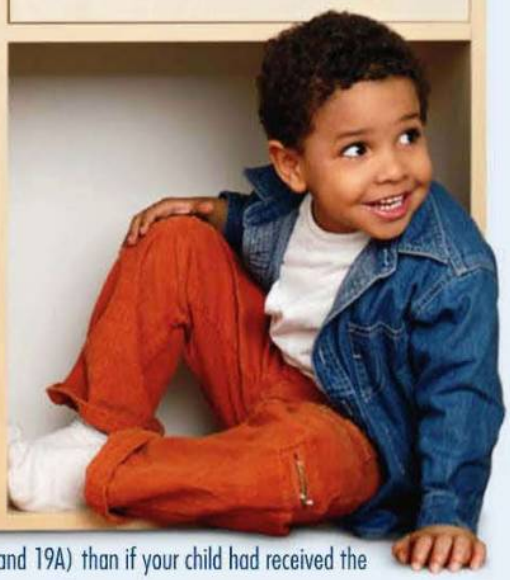
An important vaccination schedule update for children 15 months to 5 years of age.

Certain strains of the pneumococcal bacteria can cause serious, invasive disease that is being seen more frequently today.



Invasive pneumococcal disease includes bacterial meningitis, which remains a serious risk for children up to age 5. Pneumococcal meningitis can cause death and long-term problems, such as hearing loss.

The doctors at the Centers for Disease Control have recommended that children under 5 who have had a full series of vaccinations with pneumococcal conjugate vaccine should now get a dose of Prevnar 13™, to cover six more strains including the most common one threatening young children today.*



*The immune response from this catch-up schedule might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13™. It's not known how medically important this difference is.

INDICATION FOR PREVNAR 13™

- Prevnar 13™ is a vaccine approved for use in children 6 weeks through 5 years of age (prior to the 6th birthday).
- Prevnar 13™ is indicated for active immunization for the prevention of invasive disease caused by 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F).

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13™

- Prevnar 13™ should not be given to anyone with a severe allergic reaction to any component of Prevnar 13™, Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM_{197} Protein]), or any diphtheria toxoid–containing vaccine.
- Prevnar 13™ may not protect all individuals receiving the vaccine. Children with weakened immune systems may have a reduced immune response to Prevnar 13™. A temporary pause of breathing following vaccination has been observed in some infants born prematurely.
- The most commonly reported serious adverse events include bronchiolitis (an infection of the lungs) (0.9%, 1.1%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%, 0.9%), and pneumonia (0.9%, 0.5%) for Prevnar 13™ and Prevnar®, respectively.
- The most common side effects are redness, swelling and tenderness at the injection site, fever, decreased appetite, irritability, increased sleep, and decreased sleep. Any side effects associated with the vaccination should be reported to your child's health care provider.
- Ask your child's health care provider about the risks and benefits of Prevnar 13™. Only a health care provider can decide if Prevnar 13™ is right for your child.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. Please see Brief Summary of Prescribing Information on reverse side.

Prevnar 13™
Pneumococcal 13-valent Conjugate Vaccine (Diphtheria CRM_{197} Protein)

FOR MORE INFORMATION, ASK YOUR CHILD'S DOCTOR OR GO TO WWW.PREVNAR13.COM/UPDATE

Wyeth® Manufactured by Wyeth Pharmaceuticals Inc.

Marketed by Pfizer Inc. Pfizer

264589-01

© 2010 Pfizer Inc. All rights reserved.

Printed in USA/May 2010

IMPORTANT FACTS

Prevnar 13™
Pneumococcal 13-valent Conjugate Vaccine (Diphtheria CRM_{197} Protein)

Prev • nar 13

ABOUT PREVNAR 13™

- Prevnar 13™ is a vaccine which helps protect against 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F) that can cause invasive disease.
- Prevnar 13™ may also be used for the prevention of otitis media (ear infection) caused by *Streptococcus pneumoniae* strains 4, 6B, 9V, 14, 18C, 19F, and 23F. No efficacy data for ear infections are available for strains 1, 3, 5, 6A, 7F, and 19A.
- Prevnar 13™ may not protect all individuals receiving the vaccine. Protection against ear infections is expected to be less than that for invasive disease.
- Prevnar 13™ does not replace the use of 23-valent pneumococcal polysaccharide vaccine (PPV23) in children ≥24 months of age with sickle cell disease, damaged spleen, HIV infection, chronic illness or who have weakened immune systems.

BEFORE STARTING PREVNAR 13™

Tell your child's health care provider about all of your child's medical conditions, including:

- Previous allergic or adverse reactions to other vaccines.
- Certain conditions that weaken your child's immune system such as a damaged spleen, HIV infection, cancer, or kidney problems. Children with weakened immune systems may have a reduced immune response to Prevnar 13™.

Tell your child's health care provider about all the medicines your child takes, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your child's health care provider if your child is taking medicines that can weaken his or her immune system such as steroids (e.g., prednisone) and cancer medicines or if your child is undergoing radiation therapy.

WHO SHOULD RECEIVE PREVNAR 13™?

- Prevnar 13™ is recommended for children 6 weeks through 5 years of age.
- Prevnar 13™ is regularly given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age.
- ***Transition schedule:*** Children who have received one or more doses of Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM_{197} Protein]) may complete the 4-dose immunization series with Prevnar 13™.
- ***Catch-up Schedule:*** Children 15 months through 5 years of age who have received 4 doses of Prevnar® may receive one dose of Prevnar 13™ to elicit immune responses to the six additional strains.
- The immune response from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13™. It's not known how medically important this difference is.

WHO SHOULD NOT RECEIVE PREVNAR 13™?

- Children under 6 weeks of age and over 6 years of age.
- Children who have had a serious allergic reaction to any component of Prevnar 13™, Prevnar®, or any diphtheria toxoid–containing vaccine.

POSSIBLE SIDE EFFECTS OF PREVNAR 13™

Prevnar 13™ may cause serious side effects including:

- Temporary pause of breathing in some infants born prematurely
- Bronchiolitis (an infection of the lungs)
- Gastroenteritis (inflammation of the stomach and small intestine)
- Pneumonia

The most common side effects of Prevnar 13™ are:

- Redness, swelling and tenderness at the injection site
- Fever • Decreased appetite • Irritability
- Increased sleep • Decreased sleep

Any side effects associated with the vaccination should be reported to your child's health care provider. These are not all of the possible side effects of Prevnar 13™. For a complete list, ask your child's health care provider.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your child's health care provider for complete product information.
- Go to **www.prevnar13.com** or call 1-800-666-7248.

Wyeth® Manufactured by Wyeth Pharmaceuticals Inc.

Marketed by Pfizer Inc. Pfizer **Rx only**

266107-01
© 2010 Pfizer Inc. All rights reserved.
Printed in USA/May 2010

FOLLOW YOUR
INNER COMPASS
Leave the familiar behind and seek a world of adventure. Outside, challenge yourself to climb mountains, run whitewater rapids or sail the open ocean. Inside, go far beyond what you thought you knew about yourself, your capabilities, your dreams. Set sail on one of 500 wilderness adventures – and be amazed at what you'll discover within.
No Experience Necessary.
This is Outward Bound. This challenge belongs to you.
OUTWARD BOUND
REDWING
Outward Bound Wilderness
www.outwardboundwilderness.org
1-888-88BOUND
Photo / Kate Berger

TIME SHAVERS

FLY FASTER!

Go on Tuesdays or Wednesdays. Airports tend to be less crowded on those days, says Anne Banas, editor at smartertravel.com. Even better: Leave on Saturday morning, since most business travelers fly on Fridays. And try to take the first flight out *any* day to avoid the ripple effect of delays. Time shaved: **30 minutes**

Check smaller airports when booking. They're not as busy (no panic-inducing lines) and have fewer delays than the biggies, she says. Time shaved: **25 minutes**

Print your boarding passes at home. Two thirds of fliers still check in at the airport, according to US Airways. Have your passes in hand and you can head to the gate if you're not checking luggage. Oh, and before you go, head to flightcaster.com, which predicts delays. Time shaved: **15 minutes**

Avoid the rescan! Items that can unexpectedly cause problems, according to the Transportation Security Administration: underwire bras and hairpins (they set off metal detectors). Also avoid wrapped gifts and tangled cords (wind them up neatly). Time shaved: **5 minutes**

TOTAL TIME SHAVED: 75 MINUTES

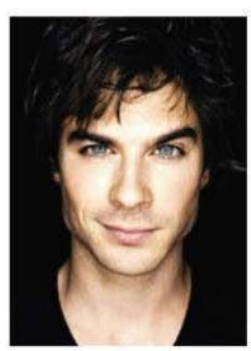
THE *IMPERFECTIONIST*

"When my kids were little, I held off teaching them to tell time so I could tell them it was bedtime whenever I wanted. There were days I put them to bed at 6:30 when they were really driving me bananas!"

—ROMI LASSALLY, 47, LOS ANGELES

GET **GOOD**, CLEAN KARMA

"In addition to a regular hamper, **keep a charity bag in your laundry room.** That way, when an unwanted or outgrown item comes out of the dryer, it can go right into the bag instead of back up to the bedroom, where it will languish for months. When the bag's full, bring it to your local Salvation Army or Goodwill." —FROM THE NEW BOOK *JUST CLEAN ENOUGH*



HOT GUY WITH A HANDY TIP

Ian Somerhalder

Ian Somerhalder's bad-boy act in *The Vampire Diaries* recently earned him the title of "America's sexiest beast." But off-air, he plays the hero, advocating for the environment. (This summer he went down to the Gulf of Mexico to help clean up the oil spill.) How he practices what he preaches: "I recently decided I'd try to never use disposable water bottles. I installed a filter at home and began toting water to work. I've cut down on plastic by about 75 percent! Now people on the *Vampire Diaries* set are into reusable water bottles too."

FROM TOP: HEARST PUBLICATIONS/TRUNKARCHIVE.COM. PHOTOGRAPHED BY MARKO METZINGER/STUDIO D. MICHAEL MULLER/CONTOUR BY GETTY IMAGES.

ADVERTISEMENT

TRUTH IS,
GETTING YOUR VEGGIES IS
EASIER THAN EVER

Get a fresh-tasting meal cooked to perfection with NEW Lean Cuisine® Market Creations. Available in 8 varieties, the revolutionary new steam bag with its unique valve delivers crisp, delicious vegetables every time. Now that's an easy way to enjoy a great dinner!

Mushroom Tortelloni
Portobello mushroom and cheese stuffed tortelloni with snap peas, sun-dried tomatoes, peas, and red peppers in a creamy mushroom sauce

LOOKING FOR MORE WAYS TO
SQUEEZE VEGGIES INTO YOUR DAY?
TRY THESE SIMPLE,
TASTY TIPS AND TRICKS.

1

SHRED 'EM. Use a cheese grater or veggie peeler to top soups, salads, or pasta with carrot or zucchini shavings to get the wonderful flavors and textures of fresh veggies.

2

SWAP YOUR USUAL SNACKS. Replace the chips you usually dunk into creamy dips with sliced veggies like cucumbers, string beans, and snow peas. The result is a leaner snack that's still a treat.

3

OPT FOR FROZEN
Frozen meals are an easy way to get more veggies. Try LEAN CUISINE Market Creations. Each variety has 1–2 servings of vegetables.

Nestlé
Good Food, Good Life

LEAN CUISINE
keep life delicious.™
visit leancuisine.com

All trademarks are owned by Société des Produits Nestlé, S.A., Vevey, Switzerland.

Hungry Girl
hungry-girl.com

CHEW ON THIS!

Packing your diet with produce is the easiest way to stay satisfied and keep hunger in check!

- **Put produce front and center in your fridge.** Slice, dice, and chop enough fresh fruits and veggies for the week and place them on the shelves instead of hiding them away in a drawer. They'll be the first thing you see when looking for a snack or side dish.
- **Stock up on meals with frozen veggies.** Studies show that many frozen varieties are as rich in nutrients as those that come from the produce aisle. Keeping a few bags of veggie-packed frozen meals on hand makes it a cinch to squeeze them into your diet.
- **Experimenting with veggies is a great way to discover foods you love.** Think outside the box! Try things like edamame, okra, broccolini, and purple potatoes–you might find a new favorite!

For a dose of guilt-free tips, tricks, food finds, recipes, and more, visit hungry-girl.com and sign up for free daily emails!

BE PART OF THE SOLUTION

10 ways to help feed a neighbor in need

Increasingly and shockingly, Americans are going hungry. This year one in 10 adults and **one in four kids won't get enough nutritious food.** Doing even a single thing on this list will fill a rumbling belly. By Nicole Yorio

Help out with friends: From left, Susan Romaine, Debbie Horwitz, and Christine Cotton sorting items for pantries.

1 *Organize* a food drive: They provide as much as one third of the food at pantries. It's so simple to start one, as we learned from Chapel Hill, NC, moms Susan Romaine, 50, Christine Cotton, 45, and Debbie Horwitz, 46. They created PORCH (People Offering Relief for Chapel Hill–Carrboro Homes), a monthly program to pick up canned goods that residents leave on their porches and bring them to local shelters. "It all started when the local food pantry I donate to said they needed canned chicken and tuna," Susan says. "We sent an email to about 30 neighbors and offered to pick up the goods from their porches, and it grew from there. No matter how busy people are, they're still able to contribute in a concrete way. Since we started last year, we've donated over $9,780 in canned goods!" To launch your own route, visit porchnc.org.

2 *Host* a school, church, or community bake sale, and donate the proceeds to the Great American Bake Sale. It benefits Share Our Strength, an organization working to ensure that no child in America goes hungry. Just $25 will help feed a child three meals a day for more than a month, and $100 provides 25 bags of food for toddlers.

3 *Support* your local food bank. Locate one between home and your grocery store at feedingamerica.org or strength.org, then make it a habit to buy a few extra items and drop them off on your way. Most-needed items include canned meat and fish, rice, pasta, soup, and personal items such as toothpaste and soap.

4 *Tweet* @KraftFightsHunger, "like" Kraft Foods on Facebook, or text the word *meals* and your zip code to 71717; Kraft will donate one meal to a food bank for each tweet, fan, and text.

5 *Give* a buck to feedingamerica.org, the nation's largest hunger relief charity, and they will provide seven meals to people in need.

6 *Help* a friend or neighbor by telling them to call 866-3HUNGRY. The National Hunger Hotline will connect them to food in their neighborhood and the Supplemental Nutrition Assistance Program (SNAP).

7 *Download* "One Day" by Toby Lightman on iTunes or amazon.com. All proceeds go to whyhunger.org, a group trying to end hunger on a grassroots level by offering job training and other services.

8 *Pledge* your support by signing the online petition at nokidhungry.org. You'll receive information about events in your community that help eradicate hunger, plus ways you can volunteer.

9 *Browse* thehungersite.com; every day you visit, the site will donate a cup of food to a hungry child.

10 *Wear* an "Imagine There's No Hunger" wristband, inspired by John Lennon. Buy 10 for $10 and you'll feed 10 children for a day. Visit whyhunger.org to pick them up for you, your kids, and friends. ®

Enough already! 49 million Americans are going hungry—a 36 percent increase since 2008, per the U.S. Department of Agriculture.

COURTESY OF SUBJECTS.

NEW
STEAM POUCH

FOOD MYTH #9

AFTER A LONG DAY,
I SO HAVE THE ENERGY TO WHIP UP A NICE DINNER.

steams fresh

LEAN CUISINE MARKET CREATIONS

YOU'RE KIDDING, RIGHT?

Introducing new LEAN CUISINE® Market Creations. The amazing steam pouch gives you crisp vegetables, tender chicken and al dente pasta, all freshly steamed with zero fuss. It's a dinner revolution, exclusively from LEAN CUISINE®.

LEAN CUISINE
keep life delicious.™

VISIT LEANCUISINE.COM FOR 8 NEW MUST-HAVE VARIETIES.

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.

Speak up, get great travel deals

How to score upgrades, lower prices, or that room with the incredible view—just by asking nicely.

You may be a whiz at comparing travel rates online, but it turns out that good old conversation could save you a lot more. In a Consumer Reports poll of 1,000 people, 83 percent said they'd nabbed a better hotel rate simply by—shocker—*asking*. It's even more of a possibility now, given lower occupancy rates in hotels, reduced demand for rental cars, and the scramble to fill every last room for the holidays. So start talking and get what you want for less.

KEEP ASKING FOR BREAKS. Before you leave for your trip, search online for current hotel and car rates. If they're lower than what you got, says Peter Frank, creator of the travel blog Let's Be Frank, "call and ask for that rate."

TALK UP THE HOTEL. "I always book the cheapest rooms," says Teri Gault, author of *Shop Smart, Save More*, "and when our family is visiting a hotel for the first time, I'll tell the clerk we'd love to experience the hotel at its best, and do they have a room with a view? About half the time, we get it for free." Even if hotel clerks won't dole out upgrades, they're often willing to offer up amenities like breakfast or valet parking. Again, just ask.

BE NICE! "It's amazing what kindness can get you," says Erik Torkells, an editor at travelpost.com. "One time the computers were down at a car-rental place, and the clerk was frazzled. I said I was sorry she was having a rough day—and she upgraded me to a Mercedes convertible."

COMPLAIN NICELY TOO. Staffers have to deal with angry guests all day; they'll bend over backward for calm complainers. "My husband and I stayed at a Philadelphia hotel for a romantic night away last February, and the heater was on the fritz," says Lauren Soldevere, 31, of New York City. "We told the concierge the room was lovely but chilly, and a half hour later I got a call: Our stay was comped, and they offered us a special rate if we were ever back in town." ®

SWEET HOLIDAY BARGAINS!

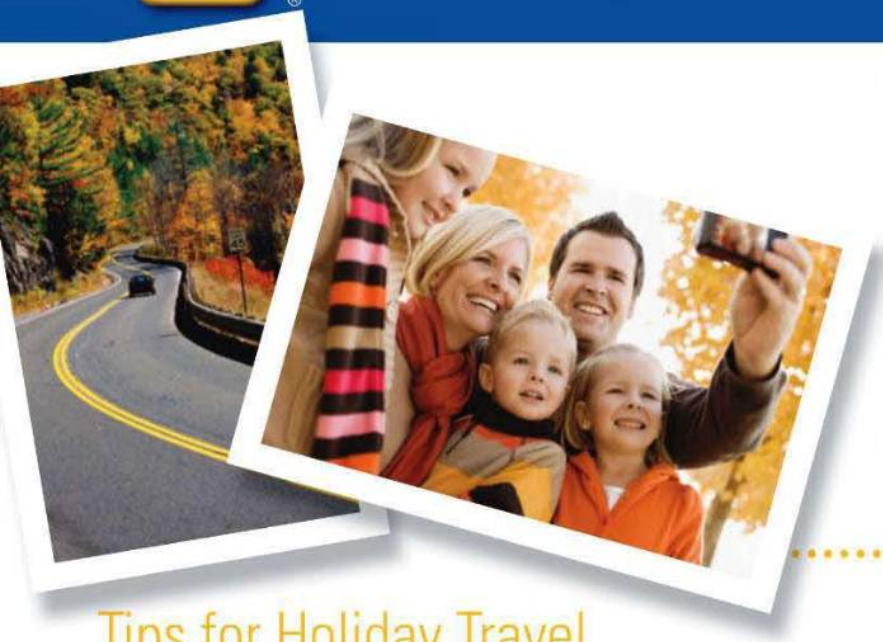
You could be here... for less!

- **Say bye to baggage fees:** All InterContinental hotels are offering checked-baggage reimbursement via a gift card for guests who pay by Visa (up to $50 per person). For details, go to ihg.com/freebag.
- **Get a drive-by deal:** Save $50 on a weekly premium rental from Avis airport locations when you book for November 14 through December 17 using code MUWA050. Save up to 35 percent at Budget with code BCN U283200 through November 30.
- **Book at expedia.com** through December 20, fly before January 3, and receive a $200 travel coupon to use during the first quarter of 2011.
- **Find a package:** The SunSational Savings offer at participating Starwood Resorts includes a room upgrade and a free night (starwoodresorts.com/sunsational) through March 31.

FROM TOP: ASTRID OBERT/FOLIO-ID.COM. COURTESY OF THE WESTIN DIPLOMAT RESORT & SPA.

ADVERTISEMENT

NAPA KNOW HOW | Your Guide to Car Care



The holidays are upon us, and Thanksgiving is one of the busiest travel times of the year. With millions of Americans getting ready to hit the roads to spend time with their families, NAPA AutoCare wants to make sure that you are totally prepared. So whether you're headed over the river and through the woods to Grandma's house or to a tailgating weekend at a college football game, make sure you have the NAPA KNOW HOW to get there.

Tips for Holiday Travel

1. **Think Ahead.** Build in extra time before your road trip to listen to your car for any strange sounds. By reporting sounds to your NAPA AutoCare technician immediately, you can prevent a small problem from turning into a big one. Pay close attention to the brakes (which can squeak) and the steering wheel (which can whine).

2. **Avoid Heavy Travel Days.** Drive on "off" days to avoid traffic. For Thanksgiving week, Monday and Tuesday are the best days to travel; driving on these days should cut down on time spent sitting in traffic. If you do get stuck in traffic, preserve your clutch by putting the car into neutral and taking your foot off the clutch to keep it from slipping.

3. **Get a Gauge.** Maintaining proper tire pressure ensures safer, more comfortable driving and better fuel efficiency. Purchase a tire gauge to measure your tires' pressure monthly—especially as the temperature drops. If the pressure is too high, your car could bounce on the road, and if it's too low, your tires could overheat; both could cause serious accidents. Add it to your to-do list before any holiday road trip or excursion.

4. **Stay Full.** The holiday season can mean a packed schedule full of pumpkin pickings, shopping excursions, and parties, so it can be easy to run your gas tank down to empty. Unfortunately, if you drive with less than a quarter tank of gas, you could start collecting sediment at the bottom of the fuel tank. Even the smallest amount could clog or damage parts, so make sure to always fill up.

Remember, wherever you go, NAPA's Peace of Mind Warranty is good for 12 months or 12,000 miles. NAPA's exclusive warranty, available at over 12,000 locations, ensures that qualifying services and repairs will be free from defects in materials and workmanship. Because NAPA KNOW HOW means that when it comes to fixing your car, we'll get you safely back on the road... wherever it takes you.

NAPA AUTOCARE CENTER

Find a NAPA AutoCare Center in your area; visit www.NAPAAutoCare.com now.

Ask your doctor about Cymbalta and the Cymbalta Promise program.

When you're depressed, every day can feel like a struggle. It can be hard to feel like things are going to get better. And even harder to think about finding the right treatment option.

That's why we'd like you to know about the Cymbalta Promise program, designed to help you get started on Cymbalta. Try Cymbalta for up to 60 days. If you and your doctor aren't satisfied with Cymbalta, you may be reimbursed 100% of your out-of-pocket prescription costs for up to the first 60 days of treatment.

Talk to your doctor about Cymbalta and the Cymbalta Promise program.

To learn more about the Cymbalta Promise program and to enroll, visit our website at **www.cymbaltapromise.com** or call 1-877-CYMBALTA.

Cymbalta is approved for the treatment of depression.

Partnership for Prescription Assistance

If you need assistance with prescription costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Important Safety Information About Cymbalta

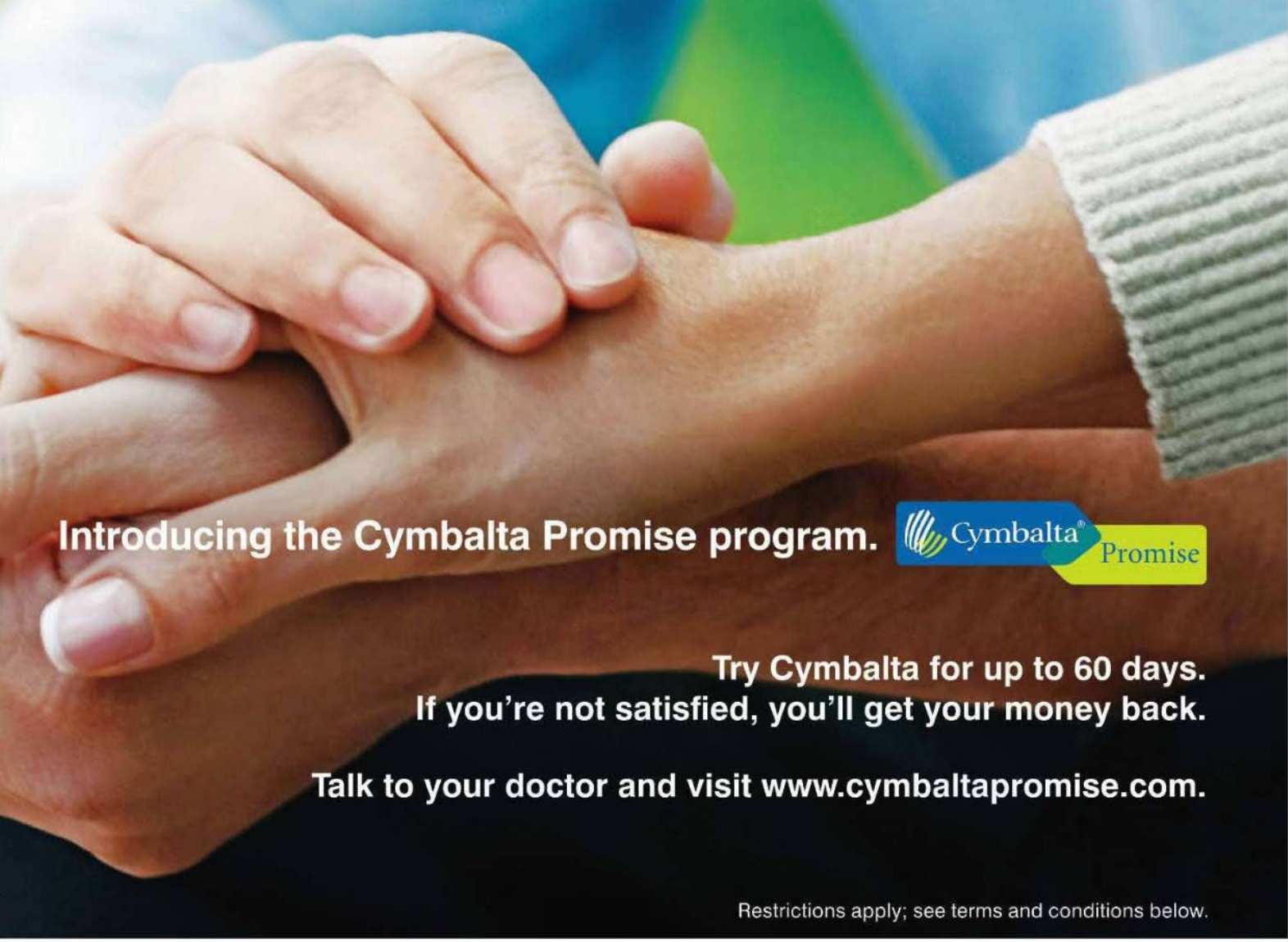
Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

Cymbalta® (duloxetine HCl) is not for everyone. Do not take Cymbalta if you:

- Have recently taken a type of antidepressant called a Monoamine Oxidase Inhibitor (MAOI) or Mellaril® (thioridazine)
- Have uncontrolled narrow-angle glaucoma (increased eye pressure)

Talk with your healthcare provider:

- About all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported



Important Safety Information (continued)

- About your alcohol use
- About all your medicines, including those for migraine, to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles
- If you are taking NSAID pain relievers, aspirin, or blood thinners. Use with Cymbalta may increase bleeding risk
- Before stopping Cymbalta or changing your dose
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta
- If you are pregnant or plan to become pregnant during therapy, or are breast-feeding

Most common side effects of Cymbalta (this is not a complete list):

- Nausea, dry mouth, constipation, sleepiness, increased sweating, decreased appetite, dizziness, and weakness

Other safety information about Cymbalta:

Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

See back page for additional Information For Patients About Cymbalta, including Boxed Warning.

Terms and Conditions: Reimbursement offered for up to 60 days of Cymbalta therapy to a maximum of $700. Prescriptions for more than two capsules per day are not eligible for reimbursement. Limit one reimbursement per person. Offer void where prohibited by law. Valid only in the United States for US residents. Offer not valid if your prescription claims for Cymbalta are reimbursed, in whole or in part, by (1) any governmental program, including, without limitation, Medicaid, Medicare, or any other federal or state program, such as Champus, the VA, TRICARE, or a state pharmaceutical assistance program, or (2) any third-party payer in the state of Massachusetts. By accepting this offer, you agree to notify your insurance carrier of reimbursement if required to do so by law or under the terms of coverage. Additional exclusions may apply and this offer may be terminated, rescinded, revoked or amended by Lilly USA, LLC at any time without notice. Cymbalta® and the Cymbalta Logo are trademarks of Eli Lilly and Company.

Cymbalta® DELAYED RELEASE CAPSULES
duloxetine HCl

Lilly

Information For Patients About Cymbalta

Please read this information carefully before you start taking Cymbalta (sim-BALL-tah), and each time your prescription is refilled, in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD), also called depression; generalized anxiety disorder (GAD); and for the management of fibromyalgia (FM) and diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a Monoamine Oxidase Inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate), or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI
- You have uncontrolled narrow-angle glaucoma (increased eye pressure)
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine)

What should I talk to my healthcare provider about?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- About your alcohol use
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles
- If you take NSAID pain relievers, aspirin, or blood thinners, as these medications may increase risk of bleeding when used with Cymbalta
- Before stopping Cymbalta or changing your dose. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache (not a complete list). Your healthcare provider may wish to decrease the dose slowly
- If you are pregnant, plan to become pregnant, or are breast-feeding
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment, or when used in combination with certain other drugs
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta

What should I avoid while taking Cymbalta?

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

What are the most common side effects of Cymbalta?

- In clinical studies for approved indications (depression, generalized anxiety disorder, diabetic nerve pain, and fibromyalgia), the most common side effect was nausea.
- Other common side effects included dry mouth, constipation, sleepiness, increased sweating, decreased appetite, dizziness, and weakness.

This is not a complete list of side effects. See Boxed Warning, "Who should NOT take Cymbalta?" and "What should I talk to my healthcare provider about?" See full prescribing information at www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects. **You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break, or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist. Additional information can be found at www.cymbalta.com.

Eli Lilly and Company
Lilly Corporate Center
Indianapolis, IN - USA

Mellaril, Nardil, Parnate, and Emsam are registered trademarks of their manufacturers.

DD64839 © 2010, Lilly USA, LLC. All rights reserved.
Cymbalta is a registered trademark of Eli Lilly and Company.

what you want – autumn solutions

Pure Beauty Begins Within

Purvana is the daily soft gel that supports healthy tissue growth from the inside out. Using all natural ingredients, Purvana promotes thicker, fuller hair, healthier skin, and stronger nails. Bring strength, youth and vitality to your hair, skin and nails with Purvana. Available at Vitamin World. Call **1-800-868-6112** or visit **WellgenixHealth.com** today.

Home-Baked Taste From The Freezer

Who doesn't love the aroma of fresh baked bread? Rhodes makes the country's most popular homemade-quality frozen dough and pre-baked rolls. These true yeast products use no preservatives. Immediate freezing makes yeast inactive and preserves freshness. Keep some on hand. It's a smart way to enjoy reliable, flavorful bread, rolls and sweet rolls any time. In grocers' freezers. Free recipes at **www.rhodesbread.com/freerecipes**.

Ringing Ears? Blurry Vision?

America's #1 Selling Tinnitus Product—homeopathic *Ring Relief® Ear Drops and Dual Delivery Caplets* relieve ringing, buzzing or unexplained noises in ears. *Ring Relief* sold at CVS, Duane Reade, Meijer, Walgreens, Walmart Supercenters. *Blur Relief® Eye Drops* help blurriness (Presbyopia), dry/red irritated eyes, night vision. *Blur* available at Walgreens. **1-888-969-6855**; **www.TRPCompany.com**

Dainty Drops Necklace

Custom Handstamped Jewelry

Made with any names, date or words of inspiration! Use RB15 for 15% off your order! **thevintagepearl.com**

Crazy Smart Gummy Vitamins

Some ideas are smart and some are Crazy Smart! Vita**fusion® MultiVites™** pack essential vitamins and minerals into tasty, award-winning gummy vitamins specially formulated for adults. You'll love the natural fruit flavors and colors. Available at fine retailers. **nwnaturalproducts.com**

New Hair Remover...Just Spray & Wipe Away!

No more razor cuts or painful waxing! DepilSilk's the painless hair remover you simply spray on so you can wipe away unwanted hair. That's right, no pain, no irritation, no mess, and it smells good too! Available at WalMart, Bed Bath & Beyond, Sally Beauty, CVS, Walgreens, Rite Aid. **DepilSilk.com**

Wrinkles, Dark Circles, And Bags — Good-Bye!

A clinically proven combination of ingredients including Peptides and Stem Cells that drastically reduces eye wrinkles while diminishing dark circles and under eye bags. Look great this season without the dark circles and bags stress can cause! Use promo code 'REDOCT' at **Dermajuv.com** for 10% off. **1-888-771-5355**

Are Your Kids Brushing Long Enough?

Forty-six percent of moms say their kids don't brush long enough. Now there's a solution that helps kids brush longer. GUM® Crayola™ Timer Light toothbrush flashes for 60 seconds letting your child know how long they should brush their teeth. It has a fun, marker shape design with a suction cup on the bottom that lets your kids store their brush in a fun way! Your kids will be begging to brush their teeth! Use Promo Code CRAYOLA to receive $1.00 off online purchases at **www.GUMCrayolaTimerLight.com**.

Fiber Gummies— A Fiber-Packed Taste Sensation

Vita**fusion® Fiber Gummies** contain more than just amazing, one-of-a-kind, award-winning taste. They're also packed with 5g of fiber—that's more than any other leading brand! Made with natural colors & flavors, Fiber Gummies make it easy to enjoy your fiber. Available at fine retailers. **nwnaturalproducts.com**

What to see/hear/*love* this month You hereby have permission to get sucked into this stuff and do nothing else for hours. Feels good, right?

WATCH IT!

IF IT AIN'T BROKE...

...don't fix it, seems to be Hollywood's take on plots these days. These three spins on classics prove that's a good thing.

LOVED IT ONCE? ➤ **Planes, Trains & Automobiles YOU'LL LOVE IT AGAIN!** ➤ **Due Date** Straitlaced Robert Downey Jr. hitches a ride with an offbeat stranger to get home for his baby's delivery. Will he make it without strangling Ethan (played by *The Hangover*'s Zach Galifianakis)? Doubtful.

LOVED IT ONCE? ➤ **Speed YOU'LL LOVE IT AGAIN!** ➤ **Unstoppable** Denzel Washington hops on a runaway train to prevent it from killing everyone in its path. Fresh twist: This tale is based on a true story that happened in Ohio.

LOVED IT ONCE? ➤ **Love Story YOU'LL LOVE IT AGAIN!** ➤ **Love and Other Drugs** An ambitious career guy (Jake Gyllenhaal) finds romance with a free spirit (Anne Hathaway) who's terminally ill. Love, sex, tears, and serious eye candy.

CLICK IT!

Meet the Kookersons

Ever look at the hyper-styled photos in home-decor catalogs and wonder who could possibly have a house so perfect? At **catalogliving.net**, comedian Molly Erdman imagines that family, complete with a D.I.Y.-challenged husband and a mom who's like Martha Stewart on too much cold medicine.

BRAND-NEW NORAH

On ***...Featuring***, Norah Jones duets with everyone from Outkast to Willie Nelson. Some tracks are for blissing out ("Little Lou, Prophet Jack, and Ugly John"); others ("The Best Part") are as bedroom-y as "Come Away With Me," from her debut album.

WATCH IT!

The original drama queen

In ***Cleopatra: A Life***, Pulitzer Prize–winning author Stacy Schiff uses her amazing descriptive powers to make the infamous queen's story even juicier. Married twice (to her brothers!) and prone to sleeping with Egypt's enemies, Cleopatra fascinates. Angelina's been tapped to play her in the movie adaptation—surprise, surprise.

KNOW ALL ABOUT IT!

DISH ON *GREY'S ANATOMY* FROM THE NEW GIRL

Sarah Drew (who recently joined the cast after playing Dr. April Kepner on several episodes last season) says it can get competitive behind the scenes. But she wasn't afraid to take on costar Sara Ramirez. No, siree:

"My trailer, unlike the other actors', has an oven and a stove top. Sara found out and texted, 'We're having a bake-off.' I was like, 'Bring it on.' So we came to work in aprons—mine was frilly, hers had skulls—and between scenes she baked a key lime pie and I made a rum cake. Then we brought them to the set and put them on an operating table. It was a tie. We need to plan a rematch!"

CLOCKWISE FROM TOP LEFT: WARNER BROS. ENTERTAINMENT INC. AND LEGENDARY PICTURES. COURTESY OF BLUE NOTE RECORDS. AMERICAN BROADCASTING COMPANIES INC.; STARFACE.RU/SPLASH NEWS.

BEAUTY of the Holidays with Walgreens

Finding the perfect present can be difficult. What size is she? What style will she like? The solution: Give the gift of beauty! From your best friend to your babysitter and everyone in between, you'll find something for each person on your list (yourself included) with a trip to Walgreens. Happy shopping!

Get a free gift

WITH THE PURCHASE OF ANY FEATURED PRODUCT. TURN THE PAGE TO LEARN MORE.

Special Advertising Section

Give & Get at Walgreens

Whether you're shopping for stocking stuffers or stocking up on essentials just for you, Walgreens is your one-stop shop this holiday!

Garnier

Ultra-Lift Anti-Wrinkle Firming Moisturizer SPF 15

Introducing new Garnier Ultra-Lift with Pro-Retinol from Nature. Effectively lifts wrinkles while gentle on skin. Find out more at **GarnierUSA.com**.

Vaseline®

Intensive Rescue™

Vaseline® Intensive Rescue™ is a line of therapeutic body lotions designed to heal dry skin without feeling greasy or sticky. The line includes Repairing Moisture™, Soothing Moisture™ and Clinical Therapy™— each designed to accelerate skin's healing process by tripling moisture reserves. Get your free sample at **dryskinrescue.com**.

Jergens®

Ultra Healing® Extra Dry Skin Moisturizer

Jergens® Ultra Healing® Extra Dry Skin Moisturizer penetrates through 5 layers of skin's surface to start healing at the source, for healthier-looking skin. This fast-absorbing body lotion goes deep beneath skin's surface to lock in moisture for 24 hours of relief. Specially formulated with Vitamin 3—a blend of C, E, and B5—to help heal dry skin. Visit **jergens.com**.

Elizabeth Taylor

White Diamonds

Make her holidays sparkle with the gift of fragrance from White Diamonds Elizabeth Taylor. She is sure to love this beautiful and classic floral fragrance. All her favorites are included in a dazzling gift set. A $116 value for only $29.99. Find out more at **Walgreens.com**.

Olay

Regenerist Anti-Aging Eye Roller

Do tired eyes add years to your appearance? Regenerist Anti-Aging Eye Roller's hydrating formula with caffeine-conditioning complex perks up the look of tired eyes on contact. Massage, de-puff*, and reduce the appearance of fine lines and wrinkles in 1 simple step. Visit **olay.com**.

*Massage reduces excess under-eye fluid.

Suave®

Naturals® Body Lotion

NEW! Suave Naturals® Body Lotions have been created with a unique, silky smooth formula so they glide on easily and absorb quickly. Available in Mango Mandarin, Wild Cherry Blossom, and Lavender Vanilla. They smell just as amazing as Bath & Body Works® body lotions at a much softer price. Visit **suave.com/body-care/body-lotion**.

Get a FREE gift wrapping set. Visit redbookmag.com/walgreens to learn more.

Dove® Promises®

This holiday season, fill your candy dish with silky smooth DOVE PROMISES® Chocolate, available in several flavors, including a limited-edition holiday Peppermint Bark PROMISES®. DOVE® Chocolate is the perfect treat to celebrate and enhance your exhale moments. Visit us at **facebook.com/dovechocolate.**

®/™ trademarks ©Mars, Incorporated 2010

Listerine®

Total Care Plus Whitening

Now you can have a cleaner, healthier mouth *plus* a whiter smile. NEW LISTERINE® TOTAL CARE PLUS WHITENING anticavity mouthwash has all the healthy mouth benefits of LISTERINE® TOTAL CARE, plus it visibly whitens teeth. Visit **purplemouthwash.com.**

Use as directed.

Arm & Hammer®

Whitening Booster

The secret for easy, affordable whitening is ARM & HAMMER® Whitening Booster. With 3x more whitening agent than a leading strip.* Apply over your toothpaste and get up to 4 shades whiter†—all for around $5. Visit **ahwhiteningbooster.com.**

*When used as directed.
†In 6 weeks when used as directed.

Oscillococcinum®

Feeling off? Nip flu-like symptoms in the bud with Oscillococcinum®. Supported by clinical studies, Oscillo works safely and naturally without causing side effects like drowsiness, and it won't interact with other medications. Get Oscillo and feel like yourself again. Visit **oscillo.com** for a $2 coupon.

Arm & Hammer®

Advance White®

The secret to whiter and brighter teeth—ARM & HAMMER® Advance White® toothpaste. Its baking soda formula penetrates tiny crevices to clean away deep stains, and it removes up to 5x more plaque than ordinary toothpaste in hard-to-reach places.* Try it free for a week. Visit **armandhammertrial.com.**

*vs. ordinary toothpaste. Data on file.

SlimQuick®

Lose up to 25 pounds quickly* with New SLIMQUICK® Ultra Fat Burner. Designed for women, it uses a key ingredient that works to help BURN FAT, CALORIES, and CARBS. Incorporate into your diet and exercise routine to achieve your weight-loss goals. Find out more at **myslimquick.com.**

*key ingredient with diet over 90 days.

Walgreens Gorgeous Gift Ideas

For the prettiest presents, try these tips from Walgreens' Beauty Advisors.

1. Create a lipgloss goodie bag. Toss five or six different shades into a cute cosmetic case for a gift any girl on your shopping list would love.

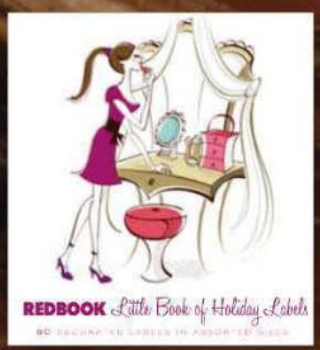
2. Pull together a present that pampers with bubble bath, body wash, and body lotion. Top it off with a bath mitt, loofah, or sweet-smelling fragrance.

3. Make a mini mani kit. Package up a few nail polishes in fun colors with an emery board and manicure tools. Or pop one or two bottles into a stocking.

4. Give the sun worshipper the gift of sun-kissed skin. Round up a self-tanner, body scrub, a rich body lotion, and facial moisturizer with SPF.

5. Gift a new mom with tools to achieve beauty in a flash. Bundle up an under eye de-puffer, a tinted moisturizer, and a perfect peach blush.

Walgreens



Get

A FREE GIFT WRAPPING SET!

Wrap it up! Purchase any product in this special section at Walgreens and get a gift wrapping set, including gift bags, and a limited-edition book of holiday labels. Simply visit redbookmag.com/walgreens to receive your free gift.

Walgreens Promotion. Sponsored by Hearst Communications, Inc. Receipts must be received between 10/19/10 and 11/16/10. While supplies last. As soon as Sponsor has received the last eligible entry, Sponsor will post a notice on redbookmag.com/rboffers so that all consumers are notified that there is no longer a chance to receive the prize. Sponsors order of receipt of entries is final. Not responsible for lost, late, misdirected, mutilated, postage-due, incomplete or illegible entries/receipts. Must be 18 years or older and a resident of the 50 United States and District of Columbia. Void in Puerto Rico and where prohibited by law. Limit one entry per person.

Visit redbookmag.com/walgreens to learn more.

The breakthrough to end breakouts.

Introducing new OXY® Clinical. The acne medication clinically shown to give your teen prescription-level results* without a prescription. The secret is our patented, continuous-action technology, which delivers pharmaceutical-grade medication longer. In fact, clinical data shows OXY® Clinical kills acne bacteria as fast as a leading topical prescription acne medication. Plus the gradual-release formula means it is as gentle as it is effective—so it won't overdry skin. You could say it's the breakthrough to end breakouts.

Discover the OXY® Clinical breakthrough with a **free sample and coupon at oxyskincare.com. Promo Code: REDBOOK**
Available where you buy skincare products.

OXY® CLINICAL

*OXY® Clinical Clearing Treatment: Acne bacteria reduction comparable to a leading prescription. Data on file, 2010.

STARBUCKS® VIA READY BREW

INTRODUCING **VANILLA** STARBUCKS VIA®

BECAUSE EATING VANILLA FROSTING AT YOUR DESK IS UNCIVILIZED.

It only takes an instant to mix yourself a cup of 100% natural Starbucks VIA® Vanilla flavored instant coffee. Just tear open a stick, and add water or milk. Available in Mocha, Caramel and Cinnamon Spice too. StarbucksVIA.com

NEVER BE WITHOUT GREAT COFFEE™

©2010 Starbucks Coffee Company. All rights reserved.

WHAT TO WEAR

GREAT CLOTHES FOR REAL LIFE

Wedges, J.Crew, $265; jcrew.com. Jeans, Rock & Republic, $180; revolveclothing.com.

TREND WITH BENEFITS

Cute, actually comfy heels

You'll love them because...

- The new mid-height heels come in fun patterns and hot colors. They're *not* your nana's "sensible shoes."
- Your feet will thank you. You can walk, shop, and chase your kids around the park without suffering toe spasms or nearly breaking your ankle.
- They're the perfect partner for those hot-right-now ladylike clothes—and they'll instantly raise the style factor of your go-to pair of jeans.
- We'd argue that they're much sexier than 6-inch stilettos, which most (honest) men will admit are a little bit frightening.

PHOTOGRAPHED BY SARRA FLEUR ABOU-EL-HAJ/STUDIO D. MAKEUP: PATRYCJA FOR HALLEY RESOURCES.

TREND WITH BENEFITS

PRETTY STYLES TO WEAR (LITERALLY) ANYWHERE

EVENING

MARY JANES

PUMPS

WEDGES

1. Butter, $286; endless.com. **2.** Lovely People, $120; lovelypeople-usa.com. **3.** Naturalizer, $59; shoes.com. **4.** Nina, $100; ninashoes.com. **5.** Ciao Bella, $79; shoes.com. **6.** Scarpasa, $295; scarpasa.com. **7.** Poetic Licence, $98; musthaveshoes.com. **8.** Clarks, $95; clarksusa.com. **9.** Banana Republic, $98; bananarepublic.com. **10.** Restricted Footwear, $65; restrictedshoes.com. **11.** Talbots, $139; talbots.com. **12.** Charles David, $265; Charles David stores, 310-659-7110. **13.** Stuart Weitzman, $315; Stuart Weitzman, NYC, 212-750-2555. **14.** Haute Footure by Taryn Rose, $430; Neiman Marcus. **15.** Target, $30; target.com.

WANNA SEE WHO WORE THESE NUTJOB SHOES? Turn to page 16.

STELLA STARTED IT ALL!

We first spotted the trend at Stella McCartney's fall 2010 show. Then came Louis Vuitton (center), and now Isaac Mizrahi (right) is doing them for spring. All together: Yay!

STILLS: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. SHOE 14: GREG MARINO/STUDIO D. CELEB FEET: JAMES DEVANEY/WIREIMAGE. RUNWAY FROM LEFT: MARIA VALENTINO/MCV PHOTO (2), DAN & CORINA LECCA, MARIA VALENTINO/MCV PHOTO.

© Unilever 2010

Vaseline

WE'RE ON A MISSION TO RESCUE DRY SKIN.

VASELINE® INTENSIVE RESCUE®

ACCELERATES HEALING NON-GREASY MOISTURE

We're against dry skin. That's why we gave Vaseline® Intensive Rescue® to women who were constantly searching online for a solution to their dry skin. The results are in - women across the web reported that their skin was healed without the greasiness. But our mission won't be over until we eliminate dry skin for every woman, everywhere.

Join our Mission at dryskinrescue.com

Instant style from a casual-chic mom

The Seinfelds with kids Shepherd, 5, Julian, 7, and Sascha, 10.

Jessica Seinfeld cooks, mothers, does a lot of good—and has everyday-cool dressing down to a science.

What started for Jessica Seinfeld as a family resolution to get her kids and TV-star husband to eat healthier has turned into a professional mission. Between writing sneakily-good-for-you cookbooks and launching a program to teach low-income kids to make nutritious meals, she clocks a lot of time in kitchens and markets, without looking the least bit frazzled. Her formula?

■ **Make online shopping work for you.** "I shop for clothes when I have time—early in the morning or late at night. (I like Net-a-porter.com.) To avoid buying stuff I won't wear, I leave things in my basket for a few days. If I keep thinking about them, I buy them."

■ **Stock up on essentials.** "Madewell tanks are just that: made and priced *so* well. I own lots of colorful ones and wear them constantly."

■ **Go for stuff that's practical *and* cute.** "My Nike Free sneakers add a splash of color and slide on fast, perfect for when I'm rushing to catch the school bus. And my favorite cargos are skinny but stretchy, so I can go up or down a few pounds and they still fit!"

Jessica *isn't* a wear-all-black woman. Cardigan, O'Neill, $50; oneill.com. Tank, Madewell, $18; madewell.com. Cargos, J Brand, $231; shopbop.com. Sunglasses, Ralph Lauren Collection, $210; ralphlauren.com. Bangles, Amrita Singh, $70; banglebangle.com. Sneakers, Nike, $85; nikerunning.com.

BAG X-RAY

In hers: everything but the KitchenAid!

◀ A Kindle "for reading newspapers between children's pickups," $139, amazon.com. Herban Essentials towelettes, $15; herbanessentials.com. A healthy snack (like 365 Organic almonds or apricots; wholefoodsmarket.com). Victoria's Secret Matte Cream Lipstick in Pretty, $12; victoriassecret.com. A Flip Video camera, $200, amazon.com. Matchbox cars "to distract my 5-year-old." Shopping lists "for the grocery store and the green market."

She loves DVF's mesh hobo (above), $875, dvf.com. A less pricey option: Folli Follie (right), $280; 212-421-3155.

Her new book: *Double Delicious* has recipes with more veggies and less sugar and fat—that your kids will gobble like junk food.

STILLS: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES. PORTRAIT: GARY GERSHOFF/GETTY IMAGES.

®/TM trademarks ©Mars, Incorporated 2010

Black pants you can really, truly *live* in

Stretchy and slim-cut, these pants are a flattering cross between leggings and classic trousers. Ponte knit pants, White House Black Market, $78; whbm.com.

Perk up Monday mornings

Somehow, barreling into a workweek seems much more bearable when you get a pretty print blouse involved.

Blouse, Tucker, $225; tuckerby gabybasora.com. Belt, Iman Global Chic, $38; hsn.com. Earrings, Carolee, $38; Lord & Taylor. Bracelet, Loft, $17; loftonline.com. Heels, Boden, $188; bodenusa.com.

They're elegant with a plus sexy and a sharp little blazer. With a that's this superbright and a trendy little pair of ? Wildly cute. Go dressy with your fave or shoulder-grazing, ultra-statement-making and a simple tee: Done. And when it gets snowy outside, to the rescue!

Blouse, Nicole by Nicole Miller for JCPenney, $26; jcp.com. Heels, L.L.Bean Signature, $139; llbeansignature.com. Cardigan, Old Navy, $35; oldnavy.com. Flats, The Shoe by Joe's, $120; joesjeans.com. Necklace, Loft, $35; loftonline.com. Earrings, Amrita Singh, $100; amritasingh.com. Boots, Sperry Top-Sider, $120; sperrytopsider.com.

...and three more outfit ideas

Make rustic feel hip

Sweater, Old Navy, $37; oldnavy.com. Shirt, Jack BB Dakota, $50; revolveclothing.com. Boots, Kartell, $194; Kartell, NYC, 212-966-6665.

Elevate your day-off style

Trade your fleece hoodie and sneaks for effortless-cool pieces like heeled booties and a wrap sweater.

Wrap sweater, Stewart+Brown, $289; stewartbrown.com. Top, Tommy Hilfiger, $70; Macy's. Necklace, Amrita Singh, $120; amritasingh.com. Tote, L.L.Bean Signature, $149; llbeansignature.com. Boots, Rachel Comey, $403; tobi.com.

All the bling you need.

Take 'em out on the town

These pants keep even the sparkliest tops from seeming too Vegas—so bring on the sequins!

Tank, Victoria's Secret Catalogue, $58; victoriassecret.com. Ring, $18; shopthelook.net. Clutch, Hype Handbags, $195; nordstrom.com. Heels, Klub Nico, $198; Footprints Fashion Footwear, Newington, CT, 860-666-3100.

Do ski-country chic

Vest, American Eagle Outfitters, $40; ae.com. Jacket, Gap, $60; gap.com. Scarf, Woolrich John Rich & Bros., $85; Bloomingdale's. Watch, CAT Watches, $150; Las Americas Jewelry, NYC, 212-966-4556.

Go classic French

Top, BB Dakota, $60; modcloth.com. Bag, Navoh, $80; navoh.com. Wedges, Geox, $150; geox.com.

PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES.

For moderate to severe RA

I HAVE RHEUMATOID ARTHRITIS.

Your results may vary. In medical studies, ENBREL was shown to be effective in about 2 out of 3 adults with moderate to severe rheumatoid arthritis (RA) who used it, and has been shown to begin working in as few as 2 weeks, with most patients receiving benefit within 3 months. In an RA medical study, 55% of patients had no progression of joint damage.

Please see Important Safety Information below and Medication Guide on the back of the following page.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA or psoriasis may be more likely to get lymphoma.

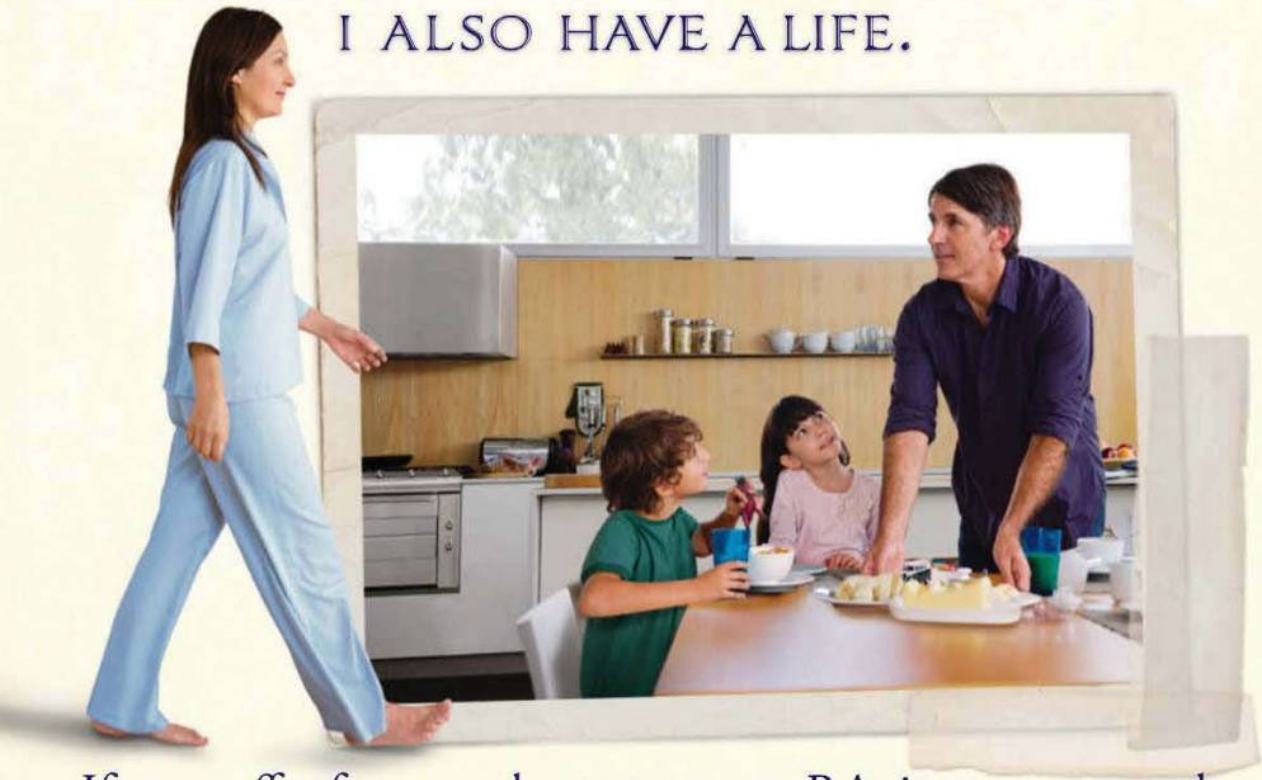
Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay
- Have any open cuts or sores
- Have diabetes or an immune system problem
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live or have lived in certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if histoplasmosis or other fungal infections are common in the areas where you live or have lived, ask your doctor

www.enbrel.com

©2010 Amgen Inc., Thousand Oaks, CA 91320 and Pfizer Inc. All rights reserved. MC 41435-B-2

I ALSO HAVE A LIFE.



If you suffer from moderate to severe RA, it can seem as though your life has been split in two. ENBREL can help bridge the gap.

ENBREL can reduce the pain, stiffness, and fatigue that's stopping you. It can also help keep joint damage from getting worse. ENBREL is given by injection. ENBREL was the first medicine of its kind approved for moderate to severe RA and is the number-one most prescribed biologic by rheumatologists for RA.* So you can experience another side of RA, and get closer to the life you want to live.

Ask your rheumatologist about ENBREL today. To learn about RA, ENBREL, and patient support call: 1-888-4ENBREL and visit Enbrel.com.

*Based on monthly prescription data from IMS NPA for September 2009 and a 6-month interval of NDTI data for projected drug uses as of August 2009 for biologic agents approved for moderate to severe RA.

- Have or have had hepatitis B
- Have heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

What are the possible side effects of ENBREL? ENBREL can cause serious side effects including: **Infections,** including serious infections like TB; **hepatitis B** can become active if you already have had it; **nervous system problems,** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL. Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Medication Guide on the next page.

Enbrel® etanercept

Get closer to the life you want to live

Enbrel® etanercept

Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See **"What is the most important information I should know about Enbrel?"**)
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

Also, BEFORE starting Enbrel, tell your doctor:

- **About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:**
  - ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
  - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
  - ✓ **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:

- have or had a nervous system problem such as multiple sclerosis.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
  - ✓ all vaccines should be brought up-to-date before starting Enbrel.
  - ✓ people taking Enbrel should not receive live vaccines.
  - ✓ ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
  - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby.
  - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take Enbrel. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breastfeeding or plan to breastfeed. It is not known if Enbrel passes into your breast milk. You and your doctor should decide if you will take Enbrel or breast feed. You should not do both.

See the section "What are the possible side effects of Enbrel?" below for more information.

What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See **"What is the most important information I should know about Enbrel?"** and **"What are the possible side effects of Enbrel?"**

Who should not use Enbrel?

Do not use Enbrel if you:

- have an infection that has spread through your body (sepsis).

How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
  - Single-use Prefilled Syringe
  - Single-use Prefilled SureClick Autoinjector
  - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regular(ly) scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. **Do not use Enbrel more often than as directed by your doctor.**
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

What are the possible side effects of Enbrel?

Enbrel can cause serious side effects, including:

See "What is the most important information I should know about Enbrel?"

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See **"Before starting Enbrel, be sure to talk to your doctor"** for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use Enbrel. Your doctor may do a blood test before you start treatment with Enbrel and while you use Enbrel.
- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
  - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
  - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections).
- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- **Do not freeze.**
- **Do not shake.**
- Keep Enbrel in the original carton to protect from light.
- Keep Enbrel and all medicines out of the reach of children.

General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information call, 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in Enbrel?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine

v4

Issue Date: 06/2010

This Medication Guide has been approved by the US Food and Drug Administration.

AMGEN®
Manufactured by Immunex Corporation
Thousand Oaks, CA 91320

Pfizer
Marketed by
Amgen Inc. and Pfizer Inc.

www.enbrel.com

©2010 Amgen Inc., Thousand Oaks, CA 91320 and Pfizer Inc. All rights reserved.

Turns your idea of what a pad can do upside down too. With its amazingly absorbent, unbelievably flexible core, Always Infinity® adapts more and absorbs more than Kotex® Ultra Thin Regular.* Which is definitely something worth flipping for. *Just like magic.* **Have a happy period.**

*Always Infinity adapts more and absorbs more than Kotex Ultra Thin Regular. Claim based on a 2010 test conducted by P&G Research & Development. ©2010 P&G

WHAT WOULD *Halle Berry* DO?

DRESSY
Her evening look in two words: *sleek bombshell.* The key? Sexy but not-too-bare dresses.

CASUAL
She softens rugged pieces—black leather jacket, biker boots—by adding long (and so flattering) tunic tops or draped sweaters.

STILLS: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES. HALLE, FROM LEFT: APEGA/ABACAUSA.COM, INFPHOTO.COM, DANIEL/ALEQUIN/INFPHOTO.COM.

Steal Halle's style! She keeps things simple and adds just a little tough-girl edge. It's a great combo on you, too.

■ Let peek-a-boo cutouts show you off; just add spare, modern accessories.

Dress, Trina Turk, $248; trinaturk.com. Cuff, Lazuli, $52; lazulijewelry.com.

■ Glam up a leather jacket with a colorful top and a bit of sparkle (from detailing or a fun necklace).

Jacket, The Limited, $128; The Limited stores. Tank, Artisan de Luxe, $154; artisandeluxe.com. Embellished top, Victoria's Secret Catalogue, $70; victoriassecret.com. Necklace, $24; shopthelook.net.

■ Oversize shades are a must.

Sunglasses, Armani Exchange, $65; armaniexchange.com.

■ Boots with major hardware lend a sexy, take-charge mood to leggings or jeans.

Boots, 7 for All Mankind, $495; 7forallmankind.com.

©2010 P&G

PANTENE PRO-V

HEALTHY MAKES IT HAPPEN

Find your solutions at pantene.com

ADVERTISEMENT

made 4 you

FOUR SOLUTIONS TO LOVE THE HAIR YOU HAVE

fine

You tease, you curl, you flip. You'll try anything to get the look of a thick and full mane of hair—but nothing seems to stick! It's not you, it's the protein!

CUSTOM SOLUTION

A key to transforming fine hair into fine-looking volumized locks starts with **Pantene Pro-V's Fine Hair Solutions Fragile to Strong Shampoo and Conditioner.** The customized system gently cleanses and conditions to leave hair prepared for styling.

STYLE YOUR HAIR

"Condition everywhere but the crown of your head to help retain volume," Danilo advises. "Once hair is dry, roll it in hair rollers and apply **Pantene Pro-V's Lasting Volume Hairspray** to keep your volume strong with an extra festive bounce from morning to midnight."

If your wish list includes surviving the four o'clock flop at the holiday party or dodging the frizz factor during cocktail hour, we've got a gift for you. Using cutting-edge research technology similar to that used by NASA, Pantene got to the root of each hair type for a whole new understanding of how ingredients interact with different hair fibers. The result? Custom-designed solutions for 4 different hair structures—**FINE**, **MEDIUM-THICK**, **CURLY**, and **COLOR-TREATED**.

Start getting fabulously festive with looks and products made for your hair structure and styling tips from **Pantene's celebrity stylist, Danilo**. Now, that calls for a toast!

THE FACTS

"Fine hair has up to 50% less protein than thick hair, which makes it notorious for its resistance to holding style." says Danilo.

DISCOVER YOUR UNIQUE HAIR STRUCTURE—and the customized systems designed to work with it—at **Pantene.com/ProductFinder**.

FIND THE SOLUTION 4 YOU. Find the right solution for you—with options to help the hair you love last and last. Plus, the color coding makes shopping for your solution easy!

ADVERTISEMENT

medium-thick

Redbook readers with thick hair may know that the words "frizzy" and "chic" just don't go together.

STYLE YOUR HAIR

"While thick hair has natural strength, it's still important to be gentle when brushing and styling," advises Danilo. "I recommend using **Pantene Pro-V's Medium-Thick Hair Style Straighten & Smooth Crème** on damp hair for lasting frizz control."

CUSTOM SOLUTION

If you spend time working with your style, Danilo recommends **Pantene Pro-V's Medium-Thick Hair Solutions Breakage to Strength Shampoo and Conditioner** to help strengthen hair against styling damage.

THE FACTS

Pantene has learned that one cause of frizz is that medium-to-thick hair absorbs up to 40% more moisture than fine hair, which means poof (and we mean *poufy!*) —there go your perfectly straightened tresses.

color

Are you trying to channel your inner blonde? Or hide those stubborn grays? The wonders of hair color are fabulous, but dry and damaged hair is not what you want to bring to the party.

CUSTOM SOLUTION

"Whether you have thin, thick, or curly hair, if you color your hair that should be your first priority when selecting a hair care product," advises Danilo. "**Pantene Pro-V's Color Hair Solutions Color Preserve Shine System** helps protect your color-treated hair while bringing back its natural shine and smoothness."

STYLE YOUR HAIR

"Different hair structures need different things," says Danilo. "Color-treated hair needs products like **Pantene Pro-V's Color Nourishing Treatment** to provide much-needed moisture and help hold in the color."

THE FACTS

The color-treating process alters hair's pigment and surface, causing colored hair to become uneven and ruffled.

YOU'LL LOVE THE OTHER SYSTEMS, TOO!

Of REDBOOK SUBSCRIBERS who participated in a product test of the Flat to Volume and Frizzy to Smooth collections, ***91%*** *said they would recommend the Pantene collection they tried to a friend.**

curly

If you have curly hair, you may know that it needs a lot of TLC, but do you know why?

CUSTOM SOLUTION

Danilo recommends using **Pantene Pro-V's Curly Hair Series Dry to Moisturized System** to help control the movement of moisture in and out of your hair.

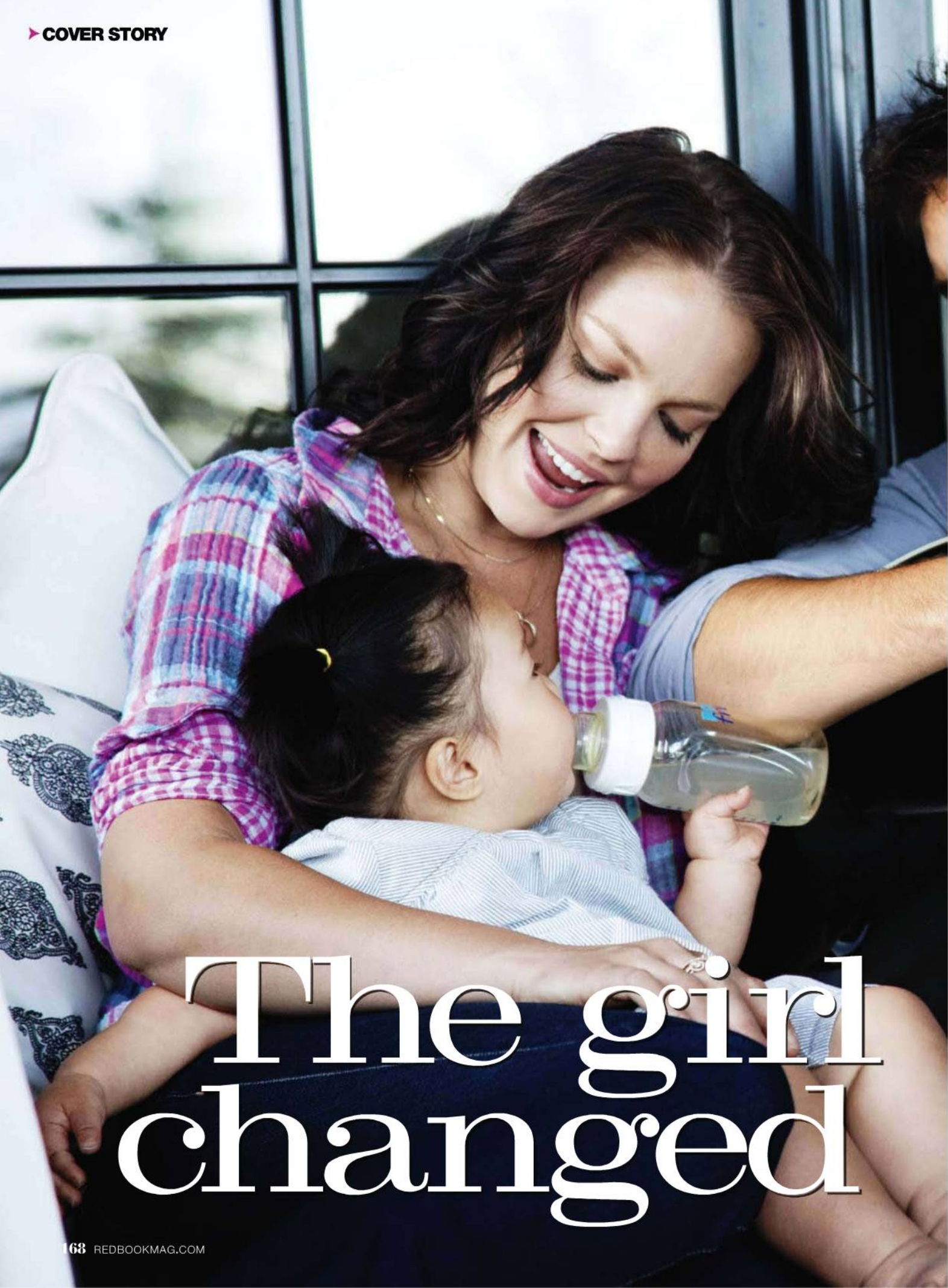
STYLE YOUR HAIR

Create curl definition while keeping curls touchably soft with **Pantene Pro-V's Curl Shaping Gel**. Plus, it will help tame frizz caused by humidity to keep your style all day.

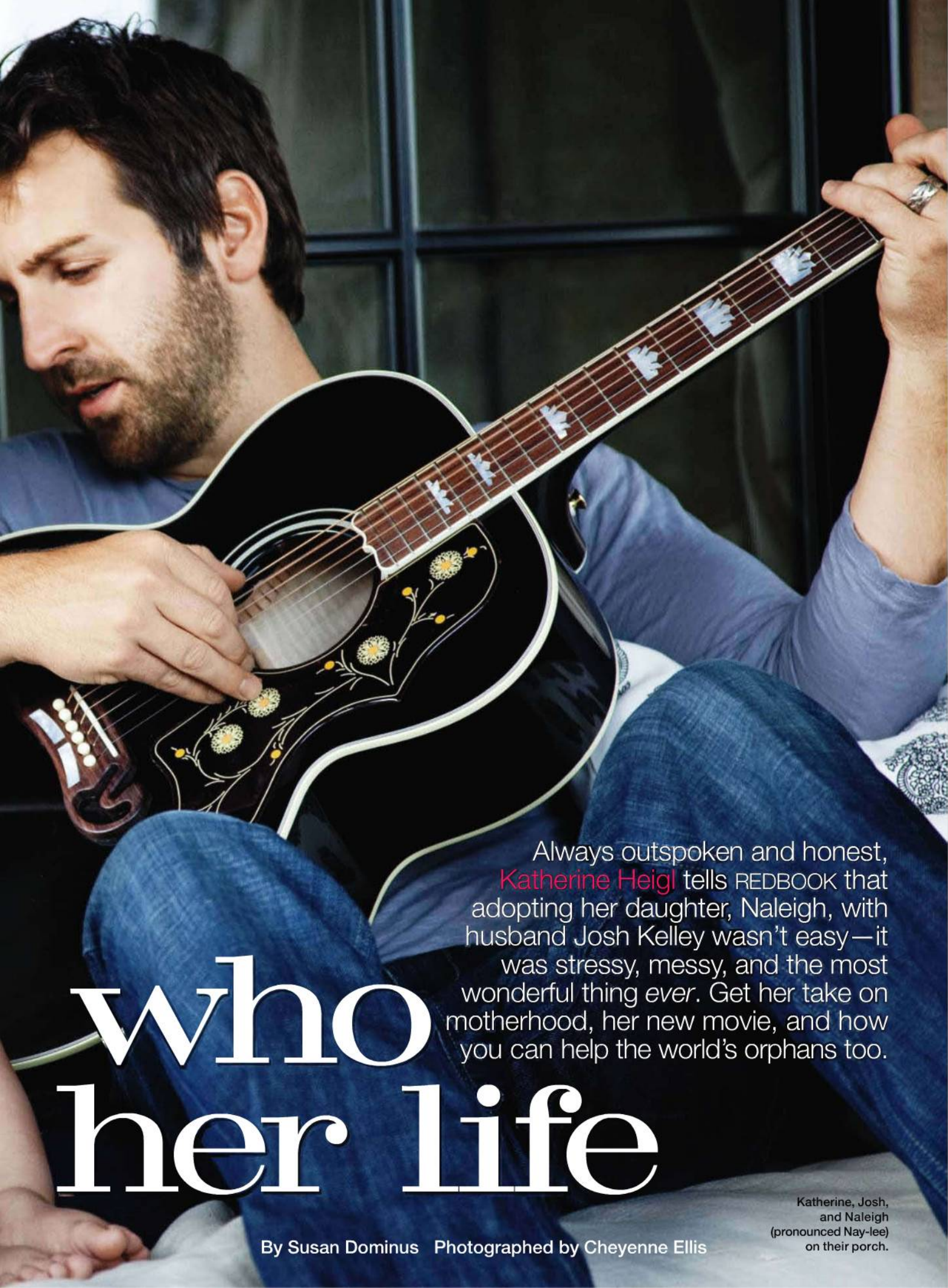
THE FACTS

The fiber of curly hair has a unique, natural growth pattern, twisting and turning in multiple directions.

*At P&G's request, *Redbook* and Pantene collaborated to conduct a research study among 751 *Redbook* opt-in subscribers who received free product for a 1-day trial of the Pantene Fine Hair Solutions Flat to Volume Shampoo & Conditioner, Root Lifter Spray Gel and Lasting Volume Hairspray or Pantene Medium-Thick Hair Solutions Frizzy to Smooth Shampoo & Conditioner, Straighten & Smooth Crème, and Anti-Humidity Hairspray. Number signifies those agreeing or strongly agreeing with statements about the Pantene system they tested.



The girl changed



Always outspoken and honest, Katherine Heigl tells REDBOOK that adopting her daughter, Naleigh, with husband Josh Kelley wasn't easy—it was stressy, messy, and the most wonderful thing *ever*. Get her take on motherhood, her new movie, and how you can help the world's orphans too.

who her life

By Susan Dominus Photographed by Cheyenne Ellis

Katherine, Josh, and Naleigh (pronounced Nay-lee) on their porch.

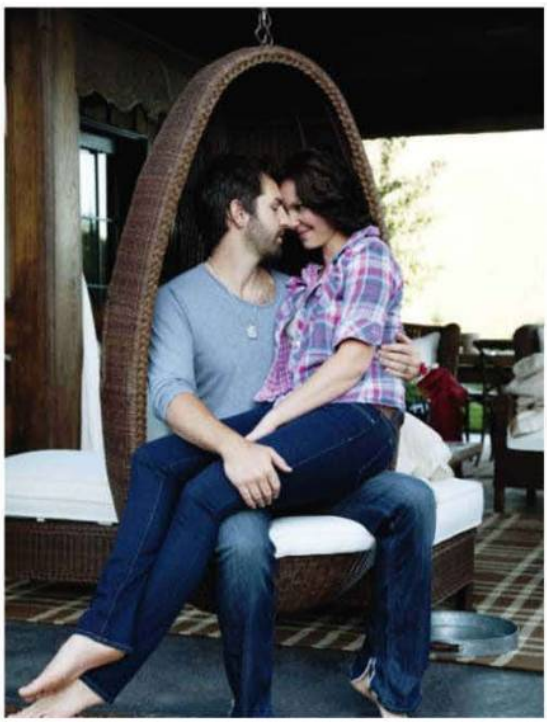
Is it my imagination, or does Katherine Heigl seem nervous as she sits down for this interview after her REDBOOK cover shoot? The actress, 31, who established herself in *Grey's Anatomy*, then tipped over into major stardom with the blockbuster *Knocked Up*, is clearly no newcomer to interviews—but then, more than her fair share have come back to haunt her. As beautiful in person as she is on camera, she also, apparently, is as complicated as the characters she plays, prone to overthinking out loud or just plain blurting (she famously said *Knocked Up* was "a little sexist").

So maybe she has reason to seem a bit reserved the day I meet her in Pittsburgh, where she's shooting her next movie (she plays a bondswoman in *One for the Money*). When we first sit down, she nurses a Manhattan and grips the electronic cigarette she's using to quit smoking, its light, at the tip, glittering like a jewel.

And yet in just minutes, Katherine gives way to Katie, as her friends call her, a warm, confiding, unabashedly neurotic soul. The trick, it turns out, is easy: Just ask about her daughter. Last September she and her husband, singer Joshua Kelley, adopted a baby girl, Naleigh (now almost 2), from South Korea. Like many moms, Katherine talks about her child, about the demands of parenting, about its unexpected bursts of joy, as if she has a need to unpack it all, to savor it by sharing it. "She's so delicious—you can literally chew on her legs," she tells me in a typical moment of stream-of-consciousness reverie. "They're just ham hocks!"

For a while, it seemed that Katherine was caught in a spiral of bad press, and then worse press as she tried to explain what she *really* meant—a public examining she says she took extremely hard. But she's come out on the other side now, wiser for the experience. "I try not to spend too much time thinking about these things anymore," she says. "It's a disservice to how great my life is; life is too good, life is too sweet. I just want to appreciate it."

She also has bigger fish to fry: Her new movie, *Life As We Know It*, features one of her most confident, winning performances to date. (It's about a woman who loses two friends in a tragic car accident, then takes on the job of raising their baby with co-guardian Josh Duhamel.) And Katherine's personal life continues to bloom. She and her husband have a new home in Utah, where the family regularly escapes the Hollywood madness, and Katherine started a philanthropic organization with her mom, the Jason Debus Heigl Foundation (named after her late brother), which raises funds to rescue and spay or neuter pets so that fewer unwanted animals are killed.



Heigl and musician hubby Joshua Kelley kick back at their Utah home, where movie night is as exciting as life gets.

"I've grown up a little bit," Katherine says. Then her eyes light up as someone passes her a tray. "Chocolates! Hooray!" she cheers.

The best part of gaining maturity: When life is good, you know it.

No one ever feels totally ready for a baby, but did you feel more or less prepared by the time Naleigh arrived?
Actually, she came to us two months early. The adoption agency told us she would probably come after Christmas and not to get our hopes up because with international adoptions the babies *never* come early. And so I had taken a movie project with a schedule that would allow me to be done in early November. Then we got a call and they said the baby was coming in two weeks. We were like: *two weeks?* I considered trying to pull out of the film, but they couldn't replace me. She came two days before we got on a plane to Atlanta to start shooting.

So she came to you? Did you consider going to Korea to get her?
Because I get followed by the paparazzi, we were trying to figure out how to do it without fanfare—we thought maybe we could go through Hawaii to avoid them, or fly privately, which is crazy. But we really wanted to get her here without all that chaos: It was about protecting her. In the end, we met her at the airport, and I had to stay in a van so no one would see me.

A social worker named Mr. Lee, from the adoption agency, came out to the van with Naleigh, and then we drove to a parking spot and he told us about the flight and what formula she's drinking and all that kind of stuff.... But I don't remember much of the conversation because she was this little peanut—she just lay on my shoulder and had these big wide eyes. She had spent all this time on a plane, and they had just taken her away from her foster family, whom she loved and who loved her. So it was intense. She was really quiet, just watching everybody and everything, and I was kind of the same: I was kind of scared too. It was like, *There's no turning back now. This is my child. Oh, my God, I hope I do this right.*

And did you feel connected right away?
I felt relief. I was just so relieved. It's a

"IF I SPREAD MYSELF **TOO THIN**, I'M NOT A GOOD ACTOR, I'M NOT A GOOD MOTHER—AND **EVERYBODY HATES ME**. ASK MY HUSBAND!"

"When Naleigh finally said 'Mama,' I just about wet my pants I was so excited. It was such an amazingly satisfying moment."

lengthy process; it was months and months just dreaming about this kid and thinking, *What is she going to be like?* So when she was finally in my arms, I was so relieved that it was beginning and that I didn't just have to look at this one sad little picture on my phone over and over. Now I got to hold her and smell her and know her.

How did you and Josh decide that you wanted to adopt?

We still talk about having biological children as well—I'm not ruling anything out. But my feeling about adoption is, Why not? There's nothing about it that makes it any less meaningful of a relationship in my mind.

My husband and I wanted to have a baby, and to us it didn't matter how it happened. Adoption has been a part of my life and a part of my family, so it was how I wanted to start. It felt natural and right to me.

I don't think it's for everybody, and I don't think everybody should adopt—I'm not some crazy idealist. It's not about the cause for me. But I do think no one should ever rule it out.

And did Josh feel the same way?

He was amazing, actually, because adoption is not a part of his experience, but he was super open to it. There was no hesitation or reticence from him, which was really important to me. You don't want to be talking someone into loving a child that they're not sure they can love because it doesn't have their DNA. But right away, he was like, Yeah, why not, that sounds great. That was proof to me that he is a great guy.

Your sister, Meg, was adopted from Korea as well. Was she very moved by your decision? Did you have long talks about it ahead of time?

We're not a very expressive family in that way. She doesn't get all mushy about it, but the card she wrote to Naleigh when she arrived makes me want to cry every time I think about it. It was just the most beautiful card about being part of the family [*chokes up*] and she just said, you know, we're very lucky to have you. It's great that Naleigh has an example of her own cultural heritage, but also this wonderful person who's her aunt and her godmother.

It's so weird that you were making a film [*Life As We Know It*] about a couple

"WHEN SHE WAS FINALLY **IN MY ARMS**, I WAS SO RELIEVED: NOW I GOT TO HOLD HER AND SMELL HER AND **KNOW HER**."

Parenting is “repetition and learning from mistakes,” says Katherine, here with Naleigh. “It’s going out without the Cheerios and having to go home because she’s hungry.”

getting custody of a baby at the same time you were living it.

It was mind-blowing. At first we started out in a hotel, because I didn't realize that with a baby you need a dishwasher for bottles and a kitchen with a sink. [*Laughs*] So then we rented a house. On set, I'd be looking at a high chair like, *Oh, how does this chair work? Mine works differently.*

The film is so honest about the difficulties that working parents face. Have *you* found that balance challenging?

Yes. I talk myself into working every day. Because I still feel guilty when I leave her. Sometimes she cries when I go and that's really bad. And it's even worse when she's like, "Bye!" [*Mimes a friendly wave and a big smile*] Because she's used to it—and that's horrible. But there's a part of me that believes I wouldn't be a better mother if I stayed home with her. I think I'd probably be a less patient person, because I love what I do. I just had no idea how hard making that choice every day would be.

Katherine and Josh get some puppy love at an event in L.A.

Her first lead role (at 15) in 1994's *My Father the Hero.*

With Josh Duhamel as caught-off-guard parents in *Life As We Know It.*

I also think I'm setting an example for her, showing her that it's okay to be a working mom and have a career you're passionate about. And I'm very fortunate that I can work for two or three months, and then if I want to take six months off, I can.

What has been your most stressful moment as a mom, so far?

Most of *Life As We Know It* is a complete blur. I had just become a mom. I still don't necessarily always know what I am doing, and I certainly didn't then. Naleigh would come to my trailer every day, so I would go there as often as I could [between shots], but that's such unpredictable timing. I'd have two minutes with her, and then they'd say, "We're ready, so you need to come back." Or sometimes I'd run back and I'd have an hour—but she'd be napping the whole time. So I was all over the place. I was really trying too hard. I was completely bonkers.

After we finished shooting, I had six months off, which was a massive blessing. I got to just be with my kid and be calm. Isn't it so weird the day you wake up and you're just going with the flow? And you just suddenly are a mom. And it's not this analytical experience; it's intuitive, figuring it out as you go along.

Doing this most recent shoot—*One for the Money*—I had to smack myself upside the head and say, You cannot do both perfectly. You're going to have to let go of the fact that you're home for two hours but you're tired and you can't spend time playing with Naleigh; you have to take a nap. She will survive and it will be okay. If I spread myself too thin, I'm not a good actor, I'm not a good mother, and I'm just really high-strung—and everybody hates me.

Really? Hates?

You can ask my husband about it. Poor Josh. [*Laughs*]

How do you two divide up the labor?

He's pretty amazing. Sometimes he's gone all week touring, so on the weekends he likes to be with Naleigh on his own. He's exceptionally good at it. He's a great dad. I'm not horribly shocked, but I'm a little bit shocked. I didn't expect it: He's such a *guy*. He knows this—I'm not saying anything he doesn't know. I adore him, I can't imagine being with another man, but he can be very self-absorbed. Not in an egomaniacal way, just kind of in his own head and unfocused on anything other than his stuff. So I was really surprised by how on top of it and how connected he is. I don't worry about a thing. I'm not like, "Did you get the sippy cup? Did you get the diapers? Did you get the Cheerios?" I can't imagine not having a total equal partner in this. It's a lot to take on, especially when both parents are working, and you want to be absolutely on the same page in terms of how you're raising this child.

It sounds like it took some time for you to adjust to motherhood.

My mother is a realist, and she's had biological and adoptive children, and she said it's no different: No matter what, they're putting a stranger into your arms. You don't know them yet. And she said don't be surprised if it takes a while to connect to her in that motherly way—don't feel bad, and don't think there's something wrong with you or your relationship with this child.

My first instinct with Naleigh was a protective one. I just wanted to shelter her and keep her fed and loved and all those things... but the moment I realized I adored her and that she was more special to me than anything in the world—all clichés, but I don't know how else to say it—those feelings came a few months later. That was when I thought, *Oh, my God, does everyone think she's this great? Or do only I think she's this great? And do I think that because she's my kid or because she really* is *that great?*

I remember after we spent those months together in Utah, if I had to leave her, I would start to feel this desperate need to be around her, see her, hold her, and this desperate desire to go get her out of her crib at night if I hadn't gotten to be with her all day. This is what that is. *This* is that feeling. ❶

CLOCKWISE FROM TOP LEFT: AMY GRAVES/WIREIMAGE; BUENA VISTA PICTURES/PHOTOFEST; WARNER BROS. ENTERTAINMENT INC.

What every woman should know about adoption

There are millions upon millions of children around the world who need homes. It's just plain *human* to care about them—especially now, during National Adoption Awareness Month. So we got experts to clue us in about ways to better orphans' lives, and parents to share amazing stories about the kids who made their families complete. By Lynn Harris

5 NEW TRUTHS ABOUT international adoption

At its peak in 2004, international adoption rates were impressive; Americans adopted 23,000 kids from overseas. But that number has plummeted 43 percent, mainly due to new regulations. Last year, 13,000 kids were adopted from abroad, compared with approximately 64,000 domestically. On the front lines: Jane Aronson, M.D., a.k.a. "the orphan doctor," founder and CEO of Worldwide Orphans Foundation (WWO). She's the pediatrician who saved Zahara Jolie-Pitt's life the day she arrived from Ethiopia; she's also mom to Benjamin, 10, adopted from Vietnam at 4 months, and Desalegn, 12, adopted from Ethiopia at age 6. Dr. Aronson describes what she's seeing out there.

1 MORE CHILDREN THAN EVER NEED HOMES. "There is a terrible crisis in international adoption. It's because of regulations to protect kids from corruption and trafficking; babies have literally been stolen from parents. Obviously, regulations are necessary, but entire countries have closed to U.S. adoption—Guatemala, Vietnam, recently Nepal—leaving thousands of kids in desperate need of homes. In Africa, AIDS has destroyed families, extended families, and whole communities who then can't support orphaned children. It's tragic."

2 ...BUT MOST KIDS ARE NO LONGER LIVING IN NIGHTMARES. "When I began visiting orphanages in the '90s, I went to one in Russia where pediatricians would buy chicken skins—all they could afford—dig up vegetables from ground made toxic by chemical waste, and boil cauldrons of soup for kids. Conditions everywhere have improved. I just visited an Ethiopian orphanage; they're like a real family of 39 children who play soccer against other orphanages and get vocational training and beautiful meals. I brought them each three pairs of Crocs. Whether or not they're adopted, they have the right to live as my own children do."

3 CHILDREN ADOPTED FROM OVERSEAS USUALLY DO JUST FINE. "Adoptive parents come to me concerned about what their kids' health will be like. I tell them we can easily handle the medical stuff—parasites, malnutrition, rickets—but we can't predict how long it will take kids to attach and be less traumatized. Some may need therapy or special ed, but according to long-term studies, and in my own experience, the vast majority catch up and do well. I just helped bring a baby here from Haiti who'd had ineffective surgery for club feet. Soon he'll be all fixed and standing up."

Aronson spreads the love at an Ethiopian orphanage.

4 THE PROCESS GETS VERY PERSONAL. "I've seen incredible moments where parents and the child they're adopting visit the town the child is from, meet the birth parents, and take pictures and videos. It can be so meaningful to say good-bye, and for families to meet and reconcile this gut-wrenching choice."

5 ADOPTING IS JUST ONE WAY TO HELP. "Only a fraction of families even consider adopting internationally, but we can *all* do something. The situation is mainly about poverty and AIDS; we need to strengthen women, families, communities. You can contribute to organizations including WWO, Save the Children, World Vision, and SOS Villages. Also contact your congressperson and ask for increased foreign assistance for these kids. [Find your rep at contactingthecongress.org.] There are 163 million orphaned children. Every one of us needs to care."

5 NEW TRUTHS ABOUT domestic adoption

Growing up, you may not have heard many people talking about adoption; the process was shrouded in secrecy, even shame. But we're living in an era of openness, honesty, and dignity, thanks to pressure from adopted kids who wanted to know their birth parents, and advocacy by pioneers such as Kathleen Silber, M.S.W., associate executive and clinical director of the San Francisco–based Independent Adoption Center. Today, there are

COURTESY OF SUBJECT.

1.8 million adopted children in the United States, 75 percent of whom were adopted domestically. Silber shares some surprising facts.

1 THERE ARE PLENTY OF CHILDREN WAITING FOR FAMILIES RIGHT HERE, TOO. "Prospective parents always tell me, 'I hear it's impossible to adopt, and there are no babies.' That's a really unfortunate misunderstanding. People are adopting babies every day, although it's true that older children are most in need of permanent homes; the majority have been neglected and abused, and they require extra care. Sixty-eight percent of kids and young adults in foster homes are ages 6 to 21."

2 THE BIRTH MOM PICKS THE PARENTS. "Social workers used to be matchmakers, but now adoptive parents create a profile online, or in a scrapbook, for birth parents to review. Then they meet. We've seen a growing number of gay families and single women seeking to adopt, and a growing number of birth moms open to them. People share such sweet things; one couple wrote about wanting a child to skate around their wooden floors in socks. A birth mother reading that was touched, because she recalled doing that as a kid."

3 BIRTH MOMS TAKE BACK THE BABY IN MOVIES, NOT REAL LIFE. "Open adoption has become the norm, with birth moms and adoptive parents connecting throughout the pregnancy and the child's life, like extended family. Often parents fear the biological mother will change her mind when she sees the baby. But that hardly ever happens, especially now that moms go through extensive counseling to prepare themselves. Kids understand too. They grow up thinking, *I grew in* her *tummy, but* she's *my mom*. Believe me, if a child skins her knee when her birth mom visits, she'll still run to her adoptive mom or dad."

4 LOVE IS BLIND; THE WORLD, NOT SO MUCH. "We tell parents up for adopting a child of a different ethnicity that they need to think seriously about it. It's not just, 'We're one happy world! We'll love this baby and forget that we're white and he's black,' or vice versa. That's not reality. Is everyone else they know white? How will they help the child take pride in his heritage? Transracial adoption can work beautifully, but I've got nothing against a family who decides they can't handle it."

For 32 years, Kathleen Silber has helped kids find homes.

5 A PARENT IS A PARENT. "People often wonder, *Will I love this child as much as one I'd give birth to?* Later they tell us they can't imagine loving the child any more than they do. Once that child is in your arms, it's *your* child."

WHAT TO SAY (and not to say) TO ADOPTIVE PARENTS

Learn the questions that help—and hurt—from families who've heard it all.

PLEASE DON'T ASK US...

"I've gotten the 'Why didn't his mother want him?' question, even in front of my 5-year-old, Jake. I answer, 'The exact details of the adoption are private, but it was a decision that his birth mother made with great care. We are so grateful that she chose us to parent her child.'" —BECKY FAWCETT, 40, NEW YORK CITY

"My children, including our adopted daughter, Qian, were playing at a water park. This woman asked who her 'real' parents were. I told her that real parents are the ones who tuck a child into bed at night. They wipe noses and tie shoes and listen to their children's dreams and hopes. And I told her that my husband and I are Qian's real parents." —SHIRLEE MCCOY, 42, OTIS ORCHARDS, WA

"The other day at the preschool playground, a staffer asked how much Eliza 'cost.' Then she asked if we were going to have 'our own' children. How doubly rude!" —KYANN LEWIS, 35, MAITLAND, FL

FEEL FREE TO ASK...

"Strangers have asked, 'Have you met her biological family?' since it's so obvious from our difference in appearance that Maia was adopted. I'm pleased to educate people on how open adoption works. The more open I am from early on, the more natural our story will feel." —MELISSA HART, 40, EUGENE, OR

"My husband and I always answer 'When will you tell her she's adopted?' by saying that the word *adoption* is not taboo in the house, and that we want Noah to know about her birth mother, who loved her and chose us to be her parents to give her the best life possible." —GERALDINE WALKER, 40, NEW YORK CITY

"When people ask if my feelings for my kids are different, I don't get offended. I can help them understand that I don't think of my children as 'biological child' and 'adopted child.' They are both just my children. And I love them both with a mother's love." —VIRGINIA HIGGENS, 34, HAZELWOOD, MO

3 SIMPLE WAYS TO HELP KIDS NOW

Be an adoption angel For families who can't afford to adopt, helpusadopt.org awards grants of up to $15,000. Donate $35 and you'll receive this charm bracelet, which represents a new family tree.

Shoe shop Check out the gray shoedazzle.com booties designed by Broadway star Kristin Chenoweth, on sale in December; they're $39.95, and 100 percent of sales benefit the Evan B. Donaldson Adoption Institute. "I was adopted," Kristin says, "and I know how important it is to be placed in a loving home."

Send a card Adoptuskids.org has an e-card campaign featuring a pointed but witty message: "You don't have to be perfect to be a perfect parent—there are thousands of teens in foster care who would love to put up with you." Send a few to friends; you never know whom you might inspire.

FROM TOP: COURTESY OF SUBJECT; COURTESY OF MANUFACTURER.

Moments that changed 6 moms forever

I KNEW I WAS GRACIE'S MOM WHEN...

"For weeks, Gracie wanted anyone other than me. She even called my oldest daughter 'Mama' instead of me. When I could finally make her laugh—with silly faces, tickling, popping out of doorways—that's when I felt we bonded. Now I have to remind myself that Gracie did not actually come out of my womb, because I feel so connected to her." —LISA CAIRNEY, 43, Moorestown, NJ

I KNEW I WAS NEVADA'S MOM WHEN...

"It truly clicked that Nevada was mine when her birth mother—whom I had spoken with on the phone but met the very first time when I walked into the hospital birthing room—gave me the honor of cutting her umbilical cord."
—TRICIA SPENCER POTYKA, 46, Austin, TX

I KNEW I WAS OMAR'S MOM WHEN...

"We'd called Omar's interim caretaker before we met him, when he was just three days old. She asked, 'Do you want to talk to him?' There was a silence, and then this soft sound, a little 'ooh,' like a murmur, and that was the moment when everything I am changed. He's here, *I thought.* I have a baby."
—JEN KIM, 44, New York City

I KNEW I WAS KEITH'S MOM WHEN...

"We stayed in the hospital for three days with the birth parents after Keith was born. They were sure they'd made the right choice, but it felt very bittersweet; my joy came from someone else's difficult decision. There is such a thing as post-adoption depression, like postpartum depression, and I had it. For two months I felt like I was babysitting. Then I dreamed I couldn't find Keith. I was running around screaming his name. I woke up with my heart racing, caught my breath, and said out loud, 'I am a mom. I am a mom.' The feeling I had was maternal instinct—and then, a flood of joy." —DANIELLE PENNEL, 35, St. Louis (with husband Paul and, from left, Irena, Keith, and Brent, all adopted)

I KNEW I WAS JULIET'S MOM WHEN...

"Juliet came to us from foster care at 1½ months. She'd been exposed to drugs in the womb and was at risk for health problems. I quickly found the flow of caring for her. Then I saw her little heart on a sonogram at the cardiologist's. Strangely, she had the exact same heart problem as my father. The technician was mad at the birth mother for exposing her to drugs, but I didn't feel any anger—just joy that she gave her life." —KATRINA CARRERA CAMPBELL, 39, Elgin, IL (with husband Chris and kids Juliet and Austin)

I KNEW I WAS JAY'S MOM WHEN...

"I started fostering Jay when he was 13. About a year later, a family member took him back in. I was sad but thought it was for the best. Two months later, Jay visited and said, 'You told me I could have a better life. You showed me I could do more. If I'm not with you, I'll probably be locked up by 25.' That was our moment." —NIKI BALLOU, 47, Orlando, FL

COURTESY OF SUBJECTS (6).

meet your new winter coat

You two are going to be inseparable this winter—all the more reason to own one you really love. Shop these pages to find your cold-weather best friend. Photographed by Colette de Barros

HAIR AND MAKEUP: ELISA FLOWERS AT BA-REPS.COM USING DIOR BEAUTY AND SEBASTIAN PRO PRODUCTS. PROP STYLIST: ANN DESAUSSURE DAVIDSON. PHOTOGRAPHED ON LOCATION AT THE WOLLVERTON INN, STOCKTON, NJ.

...for relaxed weekends

Satisfy your inner Anglophile with a bright plaid: Yes, it's perfect for apple-picking. And for a new city adventure? Also yes. Coat, Old Navy, $60. Hat, Stetson, $135. Shirt, B.D. Baggies, $98. Fingerless gloves, Buji Baja, $44. Cargo pants, American Eagle Outfitters, $50. Rubber boots, Vince Camuto, $98.

...for a cozy extra layer with major cool

Capes couldn't be a hotter trend—or a smarter idea over extra-chunky sweaters. Cape, Rebecca Taylor, $625. Sweater, American Eagle Outfitters, $50. Skirt, Teri Jon Sportswear, $275. Tights, Kushyfoot, $8. Boots, Cynthia Vincent, $425.

...for classic style and a cute waist ▸

The military trench is as chic as anything (and the tie belt flatters every woman's body). Coat, Calvin Klein, $290. Sequin cardigan, Ann Taylor, $128. Necklace, Loren Hope, $140. Tights, Hue, $13. Boots, Chie Mihara, $610. Bag, Sequoia Paris, $457.

PHOTOGRAPHED ON LOCATION AT THE INN AT PHILLIPS MILL, NEW HOPE, PA.

Your coat goes over everything: It's like an instant outfit finisher!

...for sheer sexiness (yes, in a coat)

White wool, faux-fur trim.... This might be the most glamorous way ever to stay warm. Coat, French Connection, $368. Dress, Leifsdottir, $278. Necklace, Gioelli by Nicole Baker, $165. Tights, Talbots, $16.

...for polish with a splash of fun

Stand out from the black-jacketed crowd. The retro cut keeps this ladylike enough for dressed-up moments. Coat, J.Crew, $298. Shirt, H&M, $35. Gloves, Echo, $48. Skirt, Leifsdottir, $168. Tights, DKNY Hosiery, $15. Boots, Coach, $378.

...for mood-improving color (on a budget)

The only thing that makes us happier than this kicky yellow jacket? The painless price. Seriously, can you look at it and not hope for a cold snap? Coat, Steve Madden, $168. Hat, Hat Attack, $136. Top, Nautica, $60. Necklace, Helen Ficalora, $80. Jeans, Habitual, $198. Boots, Sanita Clogs, $275. Bag, Burberry, $1,195.

Every coat on this page is under $200! Log on to redbookmag.com to see them all up close.

...for those inevitable sub-zero days

Abominable snow coats, be gone! This down-filled number makes sure you look like you have a *figure*. Coat, Laundry by Shelli Segal, $375. Sweater, Trina Turk, $218. Shirt, Lands' End, $50. Jeans, Paige Denim, $189. Boots, Sendra, $775.

Fashion editor: Audrey Slater
See shopping guide, last pages, for details.

PHOTOGRAPHED ON LOCATION AT THE NEW HOPE AND IVYLAND RAILROAD STATION, NEW HOPE, PA.

THE FAKE ON SARAH:

SHINY BOUNCY HAIR

"I can't remember when I had my last haircut," says Sarah. In that case, it's been too long. To get healthy-looking hair, ASAP:

- Seal split ends with a pea-size drop of your regular conditioner, applied to dry hair.
- Dye your hair a few shades darker. Dark hair reflects light better, which increases shine. Or do an at-home glossing treatment, suggests New York City–based hairstylist and makeup artist Jim Crawford, who works with Anna Paquin, Kyra Sedgwick, and Emma Watson. His favorite, John Frieda Luminous Color Glaze Clear Shine, $9.99, works on all hair colors.
- "Tame flyaways with a damp dryer sheet," Crawford says, "since hairspray can take away shine."

HAIR: ALBERTO GUZMAN FOR TRESEMMÉ AT JUDY CASEY INC. MAKEUP: LOTTIE AT ATELIER MANAGEMENT USING DIOR BEAUTY. MANICURE: OLYA TITOVA FOR DIOR BEAUTY AT JUDY CASEY INC. STYLIST: CHRISSY LLOYD. DRESS: BLACK HALO AT SAKS. EARRINGS: OZ ABSTRACT TOKYO. OZABSTRACT.JP.

Oh, just fake it!

Secret beauty maneuvers even naturally gorgeous girls (like yourself!) will love.

Sarah *had fried, frizzy hair*

Marlies *hadn't seen the sun in months*

Chiara *wished she had a poutier mouth*

Dani *was jet-lagged and exhausted*

Simone *longed for some cleavage*

Models—like the ones in this story—have issues just like the rest of us. Here, what they were griping about when they walked into REDBOOK... and exactly what we did to fix it.

By Cheryl Kramer Kaye Photographed by Indira Cesarine

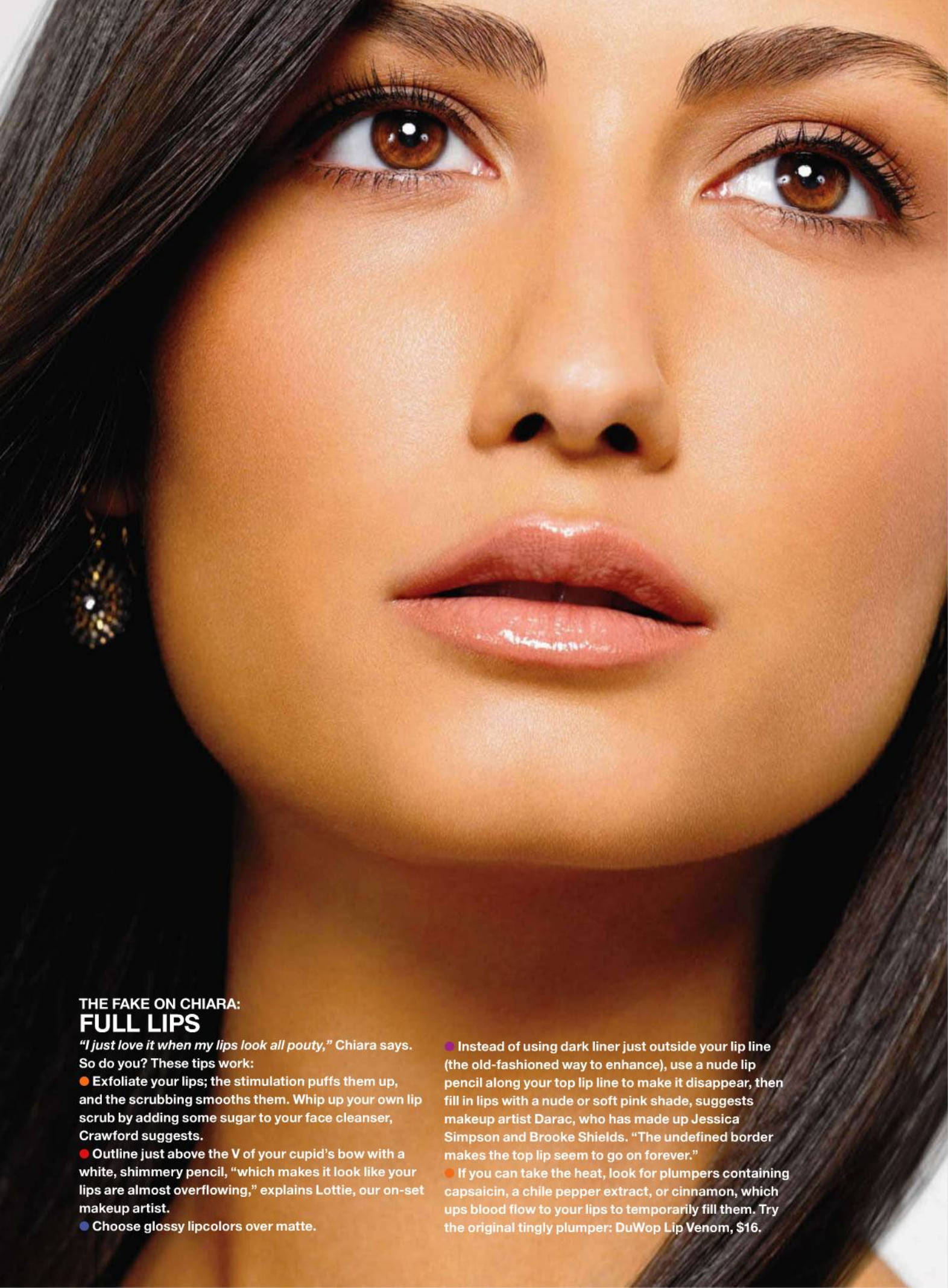
THE FAKE ON MARLIES:

JUST-BACK-FROM-VACATION GLOW

"My real tan is long gone," says Marlies, who had a spray tan for this photo. "But I love that I can look this good without the sun—it's healthier!" To channel a Caribbean vibe:

- Spray on some sun. A faux tan from a bottle, a booth, or a pro looks better than the real thing. Try Bliss A Tan for All Seasons, $36.
- Highlight a few sections of hair around your face in spots where the sun would naturally lighten strands. Use a home kit such as L'Oréal Paris Touch-On Highlights, $12.99, to go just one or two shades lighter than your base color.
- Give yourself a manicure or pedicure in a tropical-punch shade. Marlies is wearing Sephora by OPI Nail Colour in I'm Wired, $9.

THIS PAGE: SPRAY TAN: CHASIDY MCDOWELL AT RITA HAZAN SALON. TOP: BCBG; SKIRT: BCBG; EARRINGS: NASHELLE; NASHELLE.COM. RING: NAVA ZAHAVI; FRAGMENTS. NYC; 212-334-9588. OPPOSITE PAGE: EARRINGS: MIGUEL ASES; FRAGMENTS, NYC; 212-334-9588.



THE FAKE ON CHIARA:

FULL LIPS

"I just love it when my lips look all pouty," Chiara says. So do you? These tips work:

- Exfoliate your lips; the stimulation puffs them up, and the scrubbing smooths them. Whip up your own lip scrub by adding some sugar to your face cleanser, Crawford suggests.
- Outline just above the V of your cupid's bow with a white, shimmery pencil, "which makes it look like your lips are almost overflowing," explains Lottie, our on-set makeup artist.
- Choose glossy lipcolors over matte.
- Instead of using dark liner just outside your lip line (the old-fashioned way to enhance), use a nude lip pencil along your top lip line to make it disappear, then fill in lips with a nude or soft pink shade, suggests makeup artist Darac, who has made up Jessica Simpson and Brooke Shields. "The undefined border makes the top lip seem to go on forever."
- If you can take the heat, look for plumpers containing capsaicin, a chile pepper extract, or cinnamon, which ups blood flow to your lips to temporarily fill them. Try the original tingly plumper: DuWop Lip Venom, $16.

THE FAKE ON DANI:
A GOOD NIGHT'S SLEEP

Dani had just gotten off a red-eye from Brazil when she came to see us—no wonder she had dark bags under her eyes. To look awake, even when you're zonked:

- Plump up your skin with a moisture mask, Darac says. "Tired skin is dehydrated." His pick: the classic Borghese Fango Active Mud for Face and Body, $33.50.
- Invest in a great undereye concealer. For Dani, Lottie chose Make Up For Ever HD Invisible Cover Concealer, $28, "which doesn't crease and has a wide color range," she says.
- Apply a cream-colored liner inside the rims of your eyes to make the white parts look brighter and more open.
- Enlist eye drops. The basic ones get the job done, but Rohto Ice Eye Drops, $7, not only lubricate and get rid of the redness, they also soothe and cool. They're like breath mints for your eyes (in a good way).

THIS PAGE: TOP: ANLO; OLIVER, WILMINGTON, NC; 910-256-2233; EARRINGS: NAVA ZAHAVI; FRAGMENTS, NYC; 212-334-9588. OPPOSITE PAGE: DRESS: TIBI; TIBI BOUTIQUE, NYC; 212-226-5852; EARRINGS: NASHELLE; NASHELLE.COM.

Fake—and proud of it!

We kind of love how open these stars are about everything from highlights to major nip/tucks.

"Oh, I certainly do Botox. I definitely think that almost every woman I know has imbibed. It's a miracle drug.... I love it."
—VANESSA WILLIAMS

<< "I'm not offended by all the dumb blonde jokes, because I know I'm not dumb... and I also know that I'm not blonde."—DOLLY PARTON

"Any model or Hollywood actress who wears fancy designer ball gowns knows how to expertly manipulate gaffer tape to mush, lift, and hold your breasts like a bra. It's a perfect temporary boob job. When you wear those complicated dresses and you're 40, that's how you can achieve perfect cleavage."
—TERI HATCHER

"Some people are cool with the fact that their bodies bear witness to this great thing they produced—their children—and I understand that. But on a personal level, it makes me feel better that my breasts are not down to my knees when I'm undressed in front of my husband."
—PATRICIA HEATON, *who freely admits to having had a "boob lift" and more*

—RESEARCH BY JULIA WARD

CELEBS, FROM TOP: JAMIE MCCARTHY/WIREIMAGE; JAMEL COUNTESS/WIREIMAGE; TAYLOR HILL/WIREIMAGE.

THE FAKE ON SIMONE: C-CUP CLEAVAGE

"I like my small size," says Simone. ***"It's good for fashion. But with these I'd get more drinks for free."*** To instantly, um, develop:

- Apply foundation one shade darker than your skin tone just above the crease of your breasts, Crawford says. Blend it upward in the shape of a V, creating an arch over the top of each breast, then blend it down in between them. Finish with a highlighting cream applied on top of each breast.
- Get a pair of "chicken cutlet" gel inserts that can be stuffed into any bra. Victoria's Secret has them for $58.
- Try the Itty Bitty Bra Removable Pad Bra, $60. Says our 32B fashion director, Audrey Slater, "It's made for those of us who have nuthin' in that department."

See shopping guide, last pages, for details.

New sisterhood rule: No keeping those “Whoa, Nelly!” stories to yourself.

FOLIO-ID.COM.

We need to talk...about sex

Is it just us, or does it feel like after you get married the raunchy-fun sex convos you used to have with friends suddenly just stop? Ladies, right here, right now, we're revoking the gag order. On your marks, get set, dish!

I recently joined a book club with a bunch of married women, most of them new friends. At the last meeting, after our requisite two-minute book critique, the topic changed to babies and, eventually, a very practical discussion of how often you need to have sex to make them. Then I threw out, "I don't know about you girls, but I certainly don't have sex every day anymore!" Everyone chuckled, a few mumbled "me neither," and then the room went silent. We all had an excited, if slightly tense, look on our faces, hopeful that someone would offer another PG-13 tidbit. I pictured us refilling our wine glasses, tucking our legs under ourselves, and dishing on who's doing what, how often, where, and when. But we didn't. Someone mentioned Bethenny's baby, and just like that we were off on a *Real Housewives* tangent. The pregnancy talk we'd just had included details only a woman's gynecologist should know, but talking about sex for fun? Crickets.

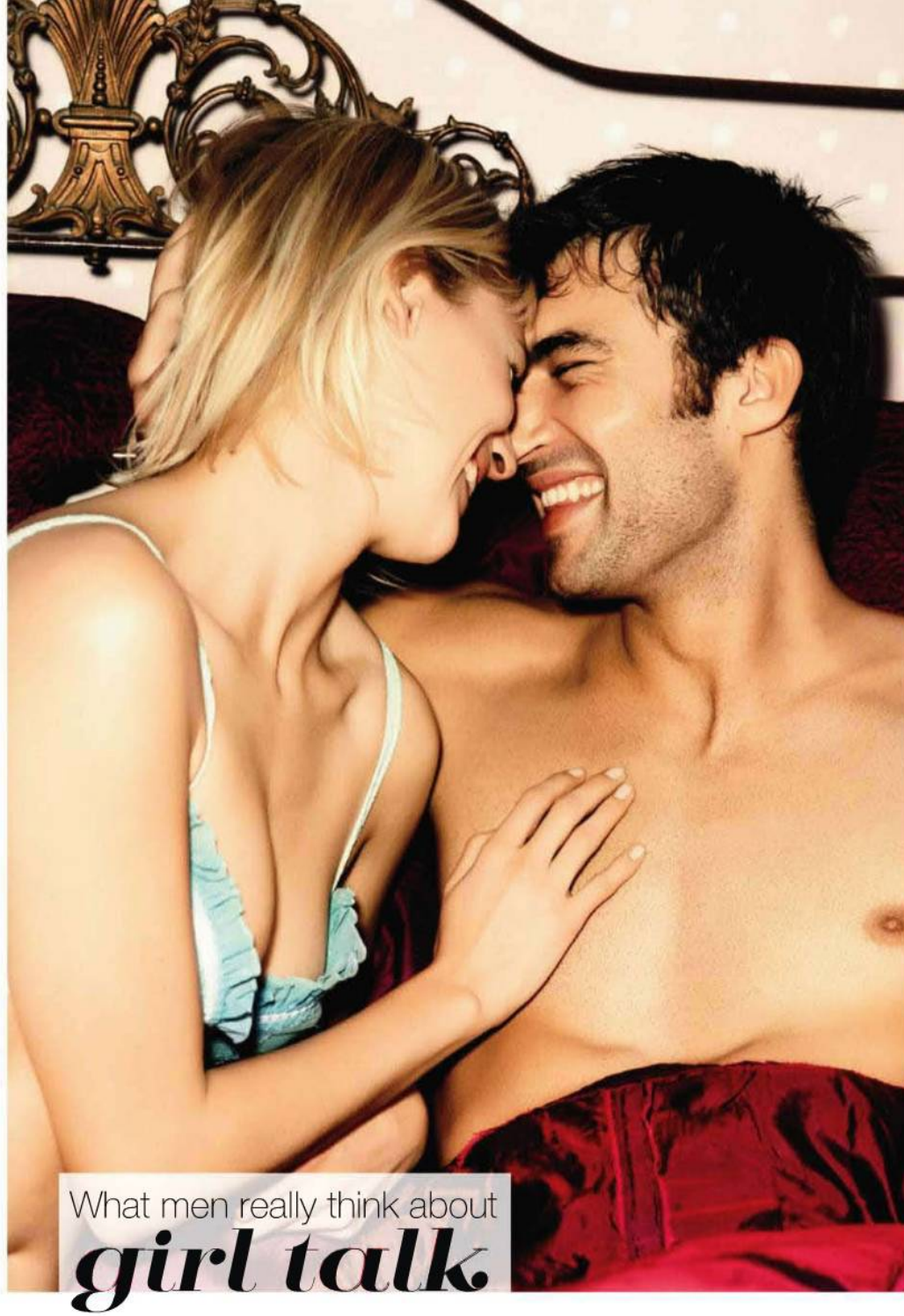
I can't help but think that if that room had been full of single ladies, things would have been very different. Before I got married, my friends and I talked freely, casually, even competitively about what we were doing in the bedroom. Those sessions were a way to bond, to commiserate, to laugh, to learn—and simply to have a good time. Rehashing reality TV is fun, but it's not the same kind of fun as hearing about the guy who wanted to lick barbecue sauce off your friend.

I'll admit that in some ways, it's understandable that we reel ourselves in once a guy becomes a permanent fixture. We're not just telling a funny/sexy/embarrassing story about "some guy"; we're talking about the person we chose to spend the rest of our lives with, the father of our children. Bottom line: We stop talking because it seems like the right thing to do. But is it? All those needs we had as single women—to bond and to learn—don't go away when we get married. If anything, they get bigger, because sex becomes more important. It doesn't take a Ph.D. to know that having sex is vital to keeping a marriage happy. Even a quickie can right wrongs and do what no

couples counselor ever could. And though your sex life might be good (you know what works, what you want to try, and what you'll never do—never, babe), that doesn't mean it couldn't get even better. So why not talk about it?

The times I've opened up about sex with my married friends have been kind of amazing. Once, a friend who'd just had a baby mentioned not wanting to have sex or even be touched. Um, been there! We launched into a libido comparathon that made us both feel better about our ebbs and flows. Another time, I told a few friends about a new position I'd picked up from being a guinea pig in a magazine's sex story, and we *all* benefited. (It's called "advanced missionary": He doesn't thrust—he just slides up and down. Seriously, *try* it.) And it's not just me who thinks sex talk is a good thing: "The biggest question women have when it comes to sex is, 'Am I normal?' That curiosity doesn't go away when we get married," says Linda Banner, Ph.D., a sex therapist in San Jose, CA. "Talking intimately with friends helps validate what you're experiencing, and helps you figure out if you have a problem that needs attention."

All that said, I know there should be some guidelines. Running things through the "Would I mind if my husband said something like this to a friend?" filter is a good idea. If we were having problems, I would try to share some good with the bad, so that I didn't make my husband out to be a dud in bed. And rather than dishing too many nitty-gritty specifics, I'd allude, insinuate, and imply—in other words, avoid burning any images into my friends' brains that they'll never be able to shake. And for those times when I just need to spill something that's too hilarious or embarrassing to be deemed appropriate, I'll try to find a friend who isn't likely to be joining our family for taco night anytime soon. Like, say, someone from book club. —ERIN ZAMMETT RUDDY



What men really think about *girl talk*

Writer Adrian Colesberry says guys are fine with your sharing the dirty details—well, some of them, anyway.

4 things your husband won't care if you share

- What he does to help you have an orgasm. If revealing my technique can help other women feel good, I'm for it!
- Please do disclose his penis size—so long as you're happy with it.
- Where you've had sex. (Unnecessary to mention if it's "in the bedroom.")
- Anything adventurous that you two have ever done. He'll be happy to be known as "the exciting one."

4 things he wants you to keep to yourself

- What his orgasm face looks like. And never, *ever* imitate it. Not cool.
- Same with sounds he makes.
- If he's been honest enough to tell you, don't mention which of your friends he's imagined naked. Could get weird at the next block party.
- Don't share criticisms of his body. And while you're not telling your friends, don't tell him, either.

CHRIS CRAYMER/TRUNKARCHIVE.COM.

The details women *aren't* telling

These ladies think they have solid reasons for keeping mum, but if they opened up, they'd learn more about themselves and their friends—and find out they're *so* not alone.

What I'm not telling: "My husband and I are really adventurous. We love toys and role playing! But we keep it to ourselves so that our friends won't think we're weird." —J.P., 33
What she should know: Your pals might have their own sexy stash—53 percent of women have used a vibrator, 81 percent of them with their partner.

What I'm not telling: "I miss sex with just me. My husband knows how to satisfy me, but sometimes all I want is an easy, no-pressure orgasm." —L.S., 27
What she should know: Your husband should thank you for getting it on solo: Studies show that married women who masturbate tend to be more satisfied sexually and emotionally.

What I'm not telling: "Sometimes we go weeks or even months without sex, and it's not because of me. It's embarrassing." —A.R., 30
What she should know: Up to 15 percent of men have low libido at some point—it can be caused by depression or some medications. Ask your husband to talk to his doctor.

What I'm not telling: "I didn't climax during sex until after my husband and I were married for three years. I felt like the only adult who hadn't worked out the mechanics!" —S.S., 44
What she should know: About 25 percent of women have trouble reaching orgasm during intercourse. Getting on top can give you the direct clitoral stimulation most women need, as can a vibrator or your husband's hands.

What I'm not telling: "Most people think married sex is boring, but actually, it's better than before." —N.B., 29
What she should know: Married folks don't deserve our unsexy rep—78 percent of married women in one poll said they were 'somewhat to extremely' happy with their sex lives. So, there!

What I'm not telling: "With four kids, it's hard to find time for nice, slow bedroom sessions, which I much prefer to quickies." —J.B., 45
What she should know: No sitter? No time for foreplay? You can make quickies 100 percent better with a little lube. Try one that's self-warming or that tingles for an extra treat.

Who's talking about what? We polled REDBOOK readers to find out.

61% say they talk about sex less with their friends now than they did when they were single

22% say they stay mum out of respect for their husbands
(17% say there's just not much to tell)

20% say they never talk about sex with their pals anymore

23% of women who don't chat about sex say they would if a pal brought it up

78% of women say they know their guy shares sex-life details with his friends

36% say they wish they chatted about sex more often

1 dream room, 17 real ideas

This design gives a formal dining room an inviting twist (just in time for the mother of all family dinners!). Want it in your house? Turn the page.

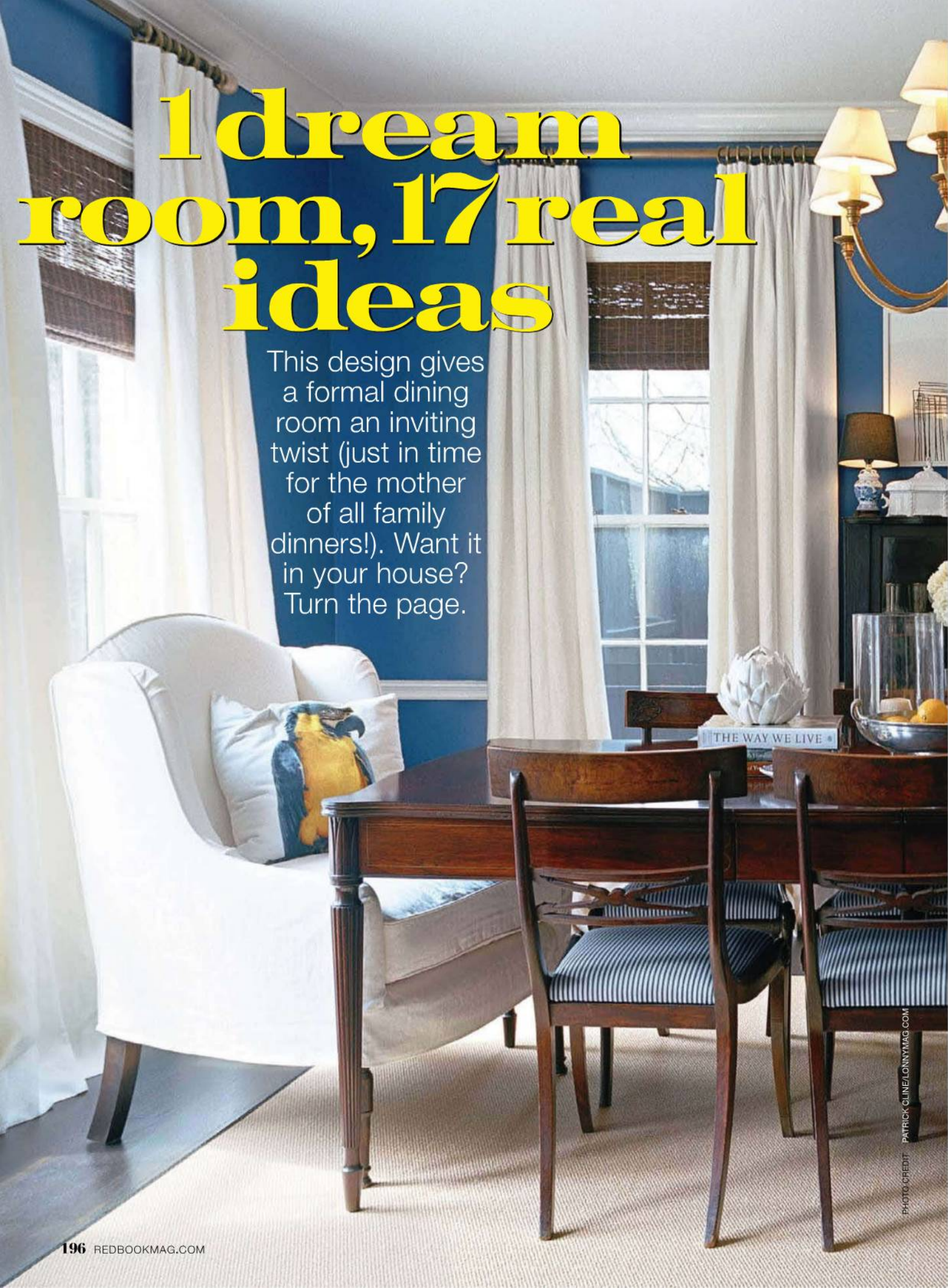


PHOTO CREDIT: PATRICK CLINE/LONNYMAG.COM

This room's owner, Ashley Putman of Houston, isn't a professional decorator, but you'd never know it. "I bought things as I found them, so it was more an evolution than a set plan," she says. "I think the end result has warmth and personality." We agree!

Do a refined marine-blue-and-white color scheme, then go a little wild.

Throw pillows with fun, bold prints lighten up the mood of the whole room. 1 Dixie pillow, $24; homedecorators.com. 2 Bubbles pillow, $44; homedecorators.com. **White wing chairs** are completely unexpected—and might result in tussles over who gets to sit at the head of the table. 3 Winged chair, starting at $379; ballarddesigns.com. **Vivid paint** gives you the biggest bang for your buck: Use the dramatic darker hue on walls (offset it with white trim) to totally transform a room. 4 Behr Premium Plus interior paint (swatch #560D), $22.97 per gallon; homedepot.com. **Try a little chinoiserie:** These traditional blue-and-white patterns stick to the overall color scheme but bring an exotic feel to the table too. 5 Blue print vase, $95; pearlriver.com. 6 Assorted ceramic decorative spheres, $3 each; pier1.com. Aragon salad bowl, $39; williams-sonoma.com. **A natural woven rug** like this one lets everything else take center stage and is sturdy enough to handle serious foot traffic. 7 Company hemmed jute rug in natural, $229 for 8x10-foot; thecompanystore.com. **Mount drapery rods** way up toward the ceiling to give your space the illusion of height. 8 Linden Street ball rod in pewter, $51 for 36- to 72-inch rod, finial, and bracket; jcpenney.com.

Even more tips!

ROOM: PATRICK CLINE/LONNYMAG.COM. PAINT SWATCH, RUG, BOWL: PHOTOGRAPHED BY LARA ROBBY/STUDIO D. OTHER STILLS: COURTESY OF MANUFACTURERS.

Introducing Breve Crème

Made with real milk and cream so you can enjoy that rich, creamy coffeehouse taste at home.

INTERNATIONAL Delight

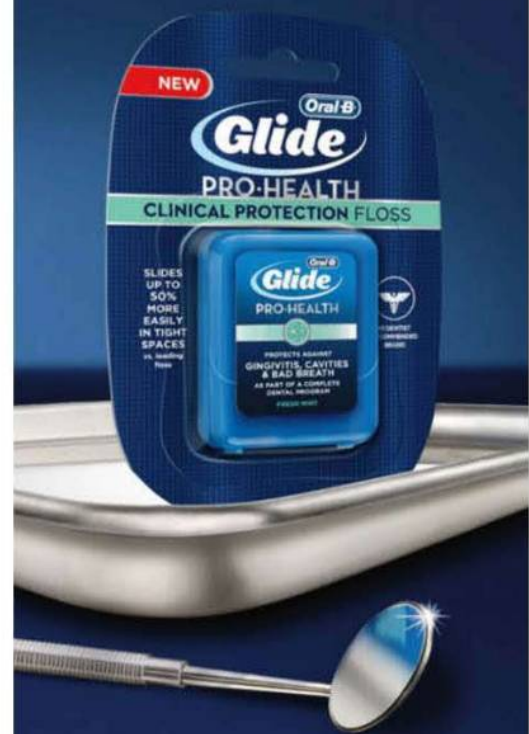
© 2010 WhiteWave

Discover more at InternationalDelight.com

An artichoke planter has such a cute shape: It's like a little sculpture for the table. 9 Artichoke planter, $24; homedecorators.com. **Give a classic chandelier** a fresh start by adding wee lampshades to it. Pro tip: Make sure the bottom of the chandelier hangs at least 30 inches above the table so it doesn't get in the way of conversation. 10 8-light black chandelier, $315; lowes.com. 11 Linen chandelier shade, $14.95; crateandbarrel.com. **Offbeat groupings** of artwork—ones in varying sizes, with different kinds of frames—have a funky, vintage-y cool. 12 "Northeast" framed print, $150; zgallerie.com. 13 "Paths" framed print, $90; zgallerie.com. **Simple, elegant dining chairs** are a keep-them-forever investment; add pattern (and comfort) by tying on striped cushions. 14 Linden Street Cherry Road side chairs, $185 for 2; jcpenney.com. 15 Ticking Stripes chair pad in navy, $28; countrycurtains.com. **A shiny bowl of lemons** as a centerpiece is so much easier (and longer-lasting) than fussing with flowers. 16 8-inch nickel bowl, $14; jamaligarden.com. **Mix in a piece of modern furniture,** like this sleek sideboard, to keep the overall feel of the room contemporary. 17 Niche dining buffet, $699; westelm.com.

PLANTER, SILVER BOWL: PHOTOGRAPHED BY LARA ROBBY/STUDIO D. OTHER STILLS: COURTESY OF MANUFACTURERS.

TWO WEEKS TO HEALTHIER GUMS.



Help reverse gingivitis in as little as two weeks.

Simply use Oral-B Glide Pro-Health Clinical Protection Floss as part of your complete dental routine.

Oral-B Glide PRO-HEALTH

© Procter & Gamble, Inc., 2010

© Procter & Gamble, Inc., 2010

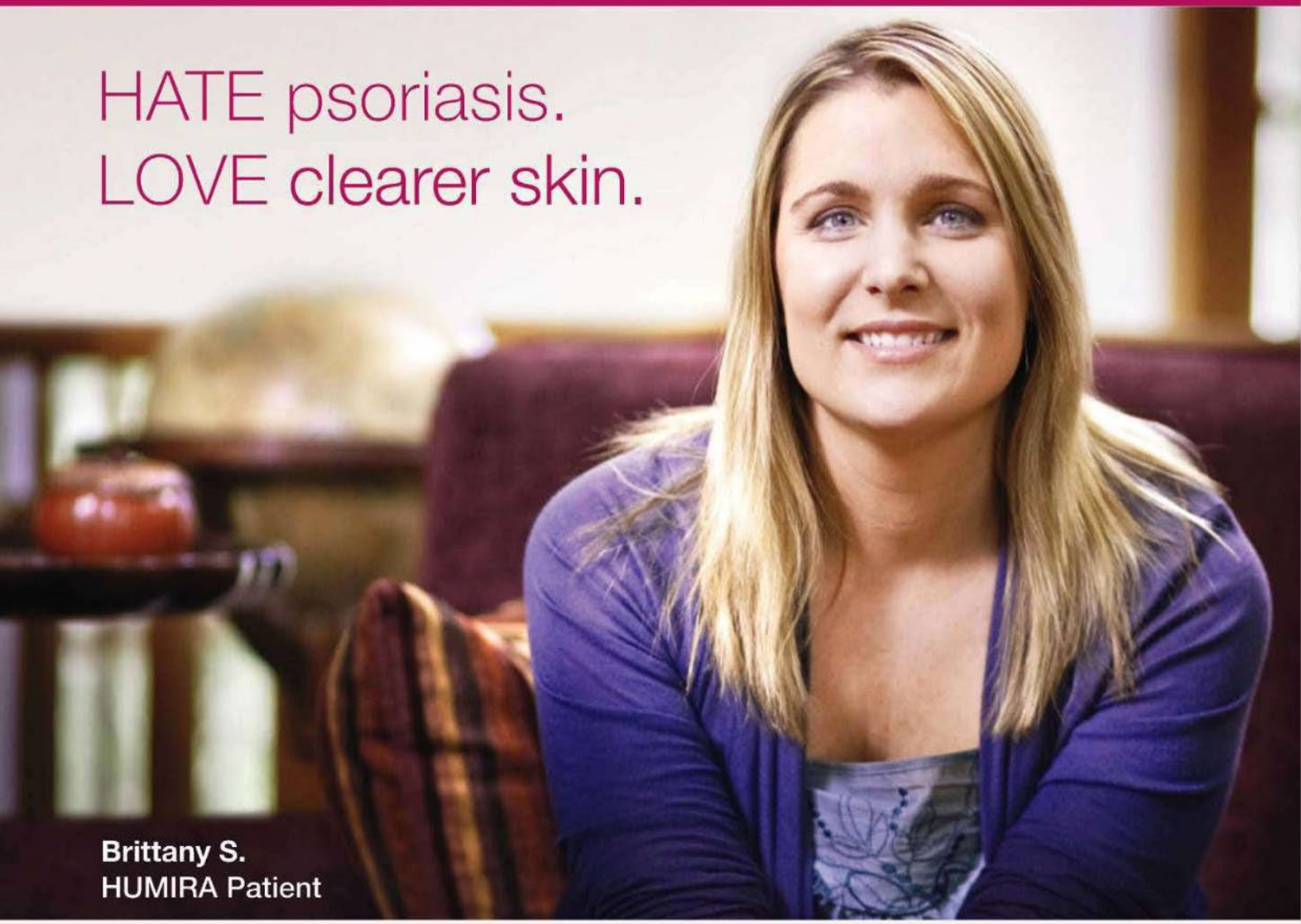
GIVE GINGIVITIS ITS FOUR WEEK NOTICE.

Introducing a toothpaste clinically proven to help reverse gingivitis in just four weeks, putting you on your way to a healthier mouth.

New Crest Pro-Health Clinical Gum Protection. Unlike ordinary toothpaste, it helps eliminate plaque at the gumline, helping prevent gingivitis. It protects these areas dentists check most: cavities, gingivitis, plaque, sensitivity, tartar, whitening, and fresh breath.

Crest

HATE psoriasis.
LOVE clearer skin.



Brittany S.
HUMIRA Patient

HUMIRA could help your moderate to severe chronic plaque psoriasis.

Who is HUMIRA for?

HUMIRA is used to treat moderate to severe chronic (lasting a long time) plaque psoriasis in adults who are under the ongoing care of a physician, have the condition in many areas of their body, and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills). When considering HUMIRA, your physician will determine if other systemic therapies are medically less appropriate.

Clearer skin is possible with HUMIRA.

In one clinical trial for moderate to severe chronic plaque psoriasis patients, 7 out of 10 adults taking HUMIRA saw 75% skin clearance and 6 out of 10 patients had clear or almost clear skin at 16 weeks. Your results may vary.

With the HUMIRA PROTECTION PLAN your co-pay could be

$5 a month*.

*Eligibility and other restrictions apply to co-pay program.

Ask your dermatologist if HUMIRA is right for you.
Learn more at HUMIRA.com or call 1.800.4HUMIRA

HUMIRA is taken by injection and available by prescription only.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1.800.FDA.1088.

If you cannot afford your medication, contact: www.pparx.org or call the toll-free phone number (1.888.4PPA.NOW) for assistance.

Important Safety Information[1]

What is the most important information I should know about HUMIRA?

- **Serious infections.** HUMIRA can lower your ability to fight infections. **Serious infections have happened in patients taking HUMIRA. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections.** Your doctor should test you for TB before starting HUMIRA, and monitor you closely for signs and symptoms of TB during treatment with HUMIRA.
- **Certain types of Cancer.** There have been cases of unusual cancers in children and teenagers using TNF-blocker medicines. For children and adults taking TNF-blocker medicines, including HUMIRA, the chance of getting lymphoma or other cancers may increase. Some patients have developed non-melanoma skin cancer; tell your doctor if you have a bump or open sore that doesn't heal.

Tell your doctor about all of your health conditions, including if you:

- ✓ Think you have an infection. Don't start HUMIRA if you have any kind of infection.
- ✓ Are being treated for infection, or have signs of an infection, such as fever, cough, or flu-like symptoms
- ✓ Have any open cuts or sores
- ✓ Get a lot of infections or have infections that keep coming back
- ✓ Have diabetes
- ✓ Have TB or have been in close contact with someone with TB, or were born in, lived in, or traveled where there is more risk for getting TB
- ✓ Live or have lived in an area (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections, such as histoplasmosis.
- ✓ Have or have had hepatitis B
- ✓ Take other medicines, especially Kineret (anakinra). Some medicines that suppress the immune system may increase your risk of serious infections.
- ✓ Are scheduled for major surgery
- ✓ Have numbness or tingling or a nervous system disease, such as multiple sclerosis or Guillain-Barré syndrome.
- ✓ Have heart failure or other heart conditions
- ✓ Have recently received or are scheduled to receive a vaccine. Patients receiving HUMIRA should not receive live vaccines.
- ✓ Are allergic to rubber, latex, or any ingredients of HUMIRA
- ✓ Are pregnant, planning to become pregnant, or breastfeeding

Call your doctor right away if you have an infection or any sign of an infection while on HUMIRA.

HUMIRA can cause other serious side effects, including:

- **Allergic reactions.**
- **Hepatitis B virus reactivation in patients that carry the virus in their blood.**
- **Nervous system problems.**
- **Blood problems.**
- **New heart failure or worsening of heart failure you already have.**
- **Immune reactions including a lupus-like syndrome.**
- **New psoriasis or worsening of psoriasis you already have.**

Common side effects of HUMIRA include injection site reactions (redness, rash, swelling, itching, or bruising), upper respiratory infections, headaches, rash, and nausea.

These are not all of the possible side effects with HUMIRA. For more information, talk to your health care provider.

Reference: 1. HUMIRA injection [package insert]. North Chicago, IL; Abbott Laboratories.

Please see additional Patient Information on the following pages.

Talk to your dermatologist about HUMIRA®

adalimumab

An example of 75% skin clearance.

For illustrative purposes only.
Your results may vary.

In one clinical trial for moderate to severe chronic plaque psoriasis patients, 7 out of 10 adults taking HUMIRA saw 75% skin clearance and 6 out of 10 patients had clear or almost clear skin at 16 weeks.

©2010 Abbott Laboratories | Abbott Park, IL 60064 | 64Y-437308 | September 2010 | Printed in the U.S.A.

HUMIRA® (HU-MARE-AH) (adalimumab)

CONSUMER BRIEF SUMMARY
CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION

Patient Information

Read the Medication Guide that comes with HUMIRA before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking with your doctor about your medical condition or treatment with HUMIRA.

What is the most important information I should know about HUMIRA?

HUMIRA is a medicine that affects your immune system. HUMIRA can lower the ability of the immune system to fight infections. **Serious infections have happened in patients taking HUMIRA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.**

- Your doctor should test you for TB before starting HUMIRA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with HUMIRA.

Before starting HUMIRA, tell your doctor if you:

- think you have an infection. You should not start taking HUMIRA if you have any kind of infection.
- are being treated for an infection
- have signs of an infection, such as a fever, cough, or flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret (anakinra). You may have a higher chance for serious infections and a low white blood cell count when taking HUMIRA with Kineret.
- are scheduled to have major surgery

After starting HUMIRA, call your doctor right away if you have an infection, or any sign of an infection, including:

- a fever
- feel very tired
- a cough
- flu-like symptoms
- warm, red, or painful skin
- open cuts or sores on your body

HUMIRA can make you more likely to get infections or make any infection that you may have worse.

Certain types of Cancer.

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including HUMIRA, the chances of getting lymphoma or other cancers may increase.
- Some patients receiving HUMIRA have developed types of cancer called non-melanoma skin cancer (basal cell cancer and squamous cell cancer of the skin), which are generally not life-threatening if treated. Tell your doctor if you have a bump or open sore that doesn't heal.
- Patients with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

See the section "What are the possible side effects of HUMIRA?" below for more information.

What is HUMIRA?

HUMIRA is a medicine called a Tumor Necrosis Factor (TNF) blocker. HUMIRA is used in adults or children (as indicated) to:

- Reduce the signs and symptoms of:
  - **moderate to severe rheumatoid arthritis (RA)** in adults. HUMIRA can be used alone or with methotrexate or with certain other medicines. HUMIRA may prevent further damage to your bones and joints and may help your ability to perform daily activities.
  - **moderate to severe polyarticular juvenile idiopathic arthritis (JIA)** in children 4 years of age and older. HUMIRA can be used alone or with methotrexate or with certain other medicines.
  - **psoriatic arthritis (PsA)**. HUMIRA can be used alone or with certain other medicines. HUMIRA may prevent further damage to your bones and joints and may help your ability to perform daily activities.
  - **ankylosing spondylitis (AS)**
  - **moderate to severe Crohn's disease (CD)** in adults who have not responded well to other treatments.
  - **Treat moderate to severe chronic (lasting a long time) plaque psoriasis (Ps)** in adults who have the condition in many areas of their body and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

People with these diseases have too much of a protein called tumor necrosis factor (TNF) in the affected areas of the body. HUMIRA can block the bad effects of TNF in those affected areas, but it can also lower the ability of the immune system to fight infections. See **"What is the most important information I should know about HUMIRA?"** and **"What are the possible side effects of HUMIRA?"**

What should I tell my doctor before taking HUMIRA?

Before starting HUMIRA, tell your doctor about all of your health conditions, including if you:

- have an infection. See "What is the most important information I should know about HUMIRA?"
- have any numbness or tingling or have a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome.
- have heart failure or other heart conditions. If you have heart failure, it may get worse while you are taking HUMIRA.
- have recently received or are scheduled to receive a vaccine. Patients receiving HUMIRA should not receive live vaccines. Except for live vaccines, patients may still receive vaccines while on HUMIRA. It is recommended that children with juvenile idiopathic arthritis be brought up to date with all immunizations prior to starting HUMIRA.
- are allergic to rubber or latex. The needle cover on the prefilled syringe contains dry natural rubber. Tell your doctor if you have any allergies to rubber or latex.
- are allergic to HUMIRA or to any of its ingredients. See the end of the Medication Guide for a list of ingredients in HUMIRA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding. HUMIRA should only be used during a pregnancy if needed. Women who are breastfeeding should talk to their doctor about whether or not to use HUMIRA.

Pregnancy Registry: Abbott Laboratories has a registry for pregnant women who take HUMIRA. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. Especially, tell your doctor if you take Kineret (anakinra). You may have a higher chance for serious infections and a low white blood cell count when taking HUMIRA with Kineret. Also, tell your doctor if you are taking other medicines that suppress the immune system.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

How should I take HUMIRA?

See the section, **"How do I prepare and give an injection of HUMIRA?"** at the end of the Medication Guide that comes with HUMIRA for complete instructions for use.

- HUMIRA is given by an injection under the skin. Your doctor will tell you how often to take an injection of HUMIRA. This is based on your condition to be treated. **Do not inject HUMIRA more often than prescribed.**
- Make sure you have been shown how to inject HUMIRA before you do it yourself. You can call your doctor or 1-800-4HUMIRA (448-6472) if you have any questions about giving yourself an injection. Someone you know can also help you with your injection.
- If you take more HUMIRA than you were told to take, call your doctor.
- Do not miss any doses of HUMIRA. If you forget to take HUMIRA, inject a dose as soon as you remember. Then, take your next dose at your regular scheduled time. This will put you back on schedule. To help you remember when to take HUMIRA, you can mark your calendar ahead of time with the stickers provided in the back of the Medication Guide.

What are the possible side effects of HUMIRA?

HUMIRA can cause serious side effects, including:

See "What is the most important information I should know about HUMIRA?"

- **Serious infections.**

Your doctor will examine you for TB and perform a test to see if you have TB. If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with HUMIRA and during treatment with HUMIRA. Even if your TB test is negative your doctor should carefully monitor you for TB infections while you are taking HUMIRA. Patients who had a negative TB skin test before receiving HUMIRA have developed active TB. Tell your doctor if you have any of the following symptoms while taking or after taking HUMIRA:

- cough that does not go away
- low grade fever
- weight loss
- loss of body fat and muscle (wasting)

- **Allergic reactions.** Signs of a serious allergic reaction include a skin rash, a swollen face, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood.** In some cases patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with HUMIRA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:
  - feel unwell
  - poor appetite
  - tiredness (fatigue)
  - fever, skin rash, or joint pain
- **Nervous system problems.** Signs and symptoms of a nervous system problem include: numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness.
- **Blood problems.** Your body may not make enough of the blood cells that help fight infections or help to stop bleeding. Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale.
- **New heart failure or worsening of heart failure you already have.** Symptoms include shortness of breath or swelling of your ankles or feet or sudden weight gain.
- **Immune reactions including a lupus-like syndrome.** Symptoms include chest discomfort or pain that does not go away, shortness of breath, joint pain, or a rash on your cheeks or arms that gets worse in the sun. Symptoms may go away when you stop HUMIRA.
- **Psoriasis.** Some people using HUMIRA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with HUMIRA.

Call your doctor or get medical care right away if you develop any of the above symptoms. Your treatment with HUMIRA may be stopped.

Common side effects with HUMIRA include:

- **Injection site reactions** such as redness, rash, swelling, itching, or bruising. These symptoms usually will go away within a few days. If you have pain, redness or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.
- **Upper respiratory infections** (including sinus infections)
- **Headaches**
- **Rash**
- **Nausea**

These are not all the possible side effects with HUMIRA. Tell your doctor if you have any side effect that bothers you or that does not go away. Ask your doctor or pharmacist for more information.

General information about HUMIRA

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use HUMIRA for a condition for which it was not prescribed. Do not give HUMIRA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about HUMIRA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about HUMIRA that was written for healthcare professionals.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

For more information go to www.HUMIRA.com or you can enroll in a patient support program by calling 1-800-4HUMIRA (448-6472).

Rev. July, 2010

Ref: 03-A329-R21

U.S. Govt. Lic. No. 0043

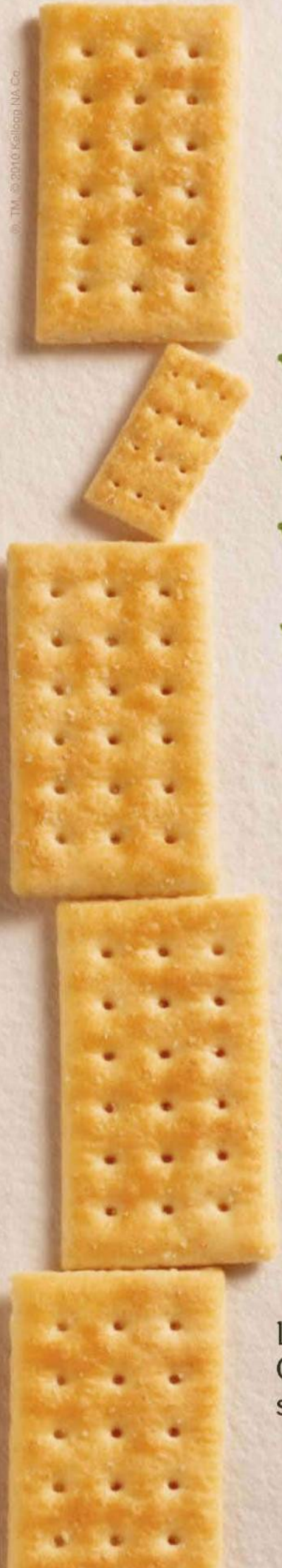
Abbott Laboratories

North Chicago, IL 60064, U.S.A.

64C-419212 **MASTER**

64Y-437308

® TM. © 2010 Kellogg NA Co.



We have no height requirement. Which comes as a great relief to our new friend.

Introducing New Club® Minis.
Our latest addition's the perfect size for soups, salads and chili.

Light, flaky, buttery.

GOOD TO EAT

EASY, HEALTHY FOOD EVERYONE WILL LOVE

Your same-day **Thanksgiving** plan!

Use our genius recipes and tips to cook the whole feast with a start time of Thursday morning. Ahhh… holiday sanity.

Plus: ● **Extreme** Turkey Day traditions ● **Ina Garten's** fave comfort food ● **Pasta carbonara** that's high on creaminess and low on calories

Photographed by Jonny Valiant

FOOD STYLIST: FRANK P. MELODIA. PROP STYLIST: LESLIE SIEGEL FOR MARNIEROSEAGENCY.COM.

THANKSGIVING EXPRESS

It isn't a joyous occasion if the cook is fried when the turkey hits the table. **So here's a concept: Make the whole shebang in one calm day,** with plenty of time to shower and sip a (much-needed) glass of wine.

Your stay-on-track timetable

What to do when. (Full recipes are on the following pages.)

7:45 a.m.
Don't hit snooze! Have coffee and cereal, do some stretches, crack your knuckles, and begin.

8 a.m.
Make pumpkin pie dough.

8:15 a.m.
Cut bread into cubes for stuffing. Toast bread and pecans for salad in oven. Cook cranberry apricot sauce and put in a serving bowl; refrigerate. Take out two sticks of butter to soften.

8:45 a.m.
Remove bread and pecans from oven. Roll out pie dough and fit into pie dish. Use remaining dough to cut out squares for pie edge. (Or say to heck with it and skip the squares—it's just an idea.)

9 a.m.
Boil water for Brussels sprouts. Make stuffing and put in a baking dish; cover and refrigerate.

9:30 a.m.
Prebake pie crust. While crust is in oven, blanch Brussels sprouts and cook bacon. Refrigerate sprouts and reserve bacon drippings in skillet.

10 a.m.
Make salad dressing; toss with sliced pears. Refrigerate.

10:20 a.m.
Make pie filling, pour in crust, bake.

10:30 a.m.
Prepare roast turkey through step 2. Make giblet broth.

11:30 a.m.
Take pie out of oven. Cool, cover, and refrigerate. Place turkey in oven. Wash yams. Tell your hubby how thankful you'll be after he washes everything in the sink.

11:52 a.m.
Almost halftime! It's early, but consider having a celebratory nip. (You don't need that whole bottle of Madeira for the gravy… and shouldn't you taste it just to make sure it's okay anyway?)

12:10 p.m.
Strain giblet broth. Baste turkey; rotate roasting pan a half turn. Place foil tent back over turkey and return to oven. Make crème fraîche whipped cream for pie; cover and chill.

1 p.m.
Baste turkey, tent it, and rotate pan as before. Ask your husband to set up the bar. Tell the kids their rooms and the den had better be clean in an hour, or else.

1:05 p.m.
Set the table.

1:45 p.m.
Baste, tent, and rotate pan again.

1:50 p.m.
Have you had lunch yet? Do you want to pass out and cause such a commotion that everyone forgets the turkey, which burns like a vampire at the beach, and it's forever known as the "Thanksgiving Disaster of 2010"? Sit down and eat a sandwich.

2:30 p.m.
Baste, rotate. Remove foil (save for when turkey's resting). Prep the rest of the salad and refrigerate. Make maple-ginger butter.

3:15 p.m.
Baste, rotate. Take stuffing out of the fridge.

3:20 p.m.
Yell, "Honey, can you get the kids dressed?" as you sprint to the bathroom (quick, lock the door!) and jump in the shower.

4 p.m.
Take turkey out. Set drippings aside for gravy. Put yams and stuffing in oven. A glass of wine is in order now.

4:15 p.m.
Make rich pan gravy. Finish making Brussels sprouts.

4:45 p.m.
Add juices from turkey platter to gravy. Take stuffing out of oven; toss salad.

5 p.m.
Remove yams from oven. Get everything on the table and hand the carving knife to the resident expert. Exhale. Eat!

TABLE SETTING: MARTIN LOF/ANYONE/GETTY IMAGES; SHOWER: PIOTR MARCINSKI/VEER

ROAST TURKEY WITH
RICH PAN GRAVY

Turn the page for all the recipes

Roast turkey

Prep time: 20 minutes
Cook time: 4¼ hours

- 1 fresh turkey (about 16 lb)
- 1 tsp *each* kosher salt and freshly ground black pepper, mixed
- 1 small lemon, halved
- 12 cloves garlic, lightly smashed with the side of a knife
- ¼ cup (½ stick) unsalted butter, softened

1. Place oven rack in lowest position and take out second rack. Heat oven to 325°F. Remove giblets, neck, and any fat from turkey body and neck cavities. Discard liver; reserve giblets for giblet broth (see recipe, below right). Rinse bird thoroughly inside and out with cold water; pat dry. Sprinkle neck and body cavities with half of salt mixture.
2. Place turkey, breast side up, in a large, heavy nonstick roasting pan. Squeeze lemon halves over turkey, then place lemon halves and garlic cloves into body cavity. Tie legs together. Twist wing tips under back. Spread butter over turkey and season with remaining salt mixture. Insert a standard meat thermometer into center of thigh next to body, not touching bone. Add 1 cup water to roasting pan. Loosely tent turkey with heavy-duty foil.
3. Roast 4 hours, rotating pan and basting with pan juices every 45 minutes, adding more water if pan seems dry. Remove foil after 3 hours of roasting. Turkey is fully cooked when thermometer registers 175°F.
4. Transfer turkey to a carving board or platter. Remove garlic and lemon from cavity; reserve garlic for pan gravy. Tent turkey loosely with foil and let rest 45 minutes. Pour fat and drippings from roasting pan into a glass measuring cup. Spoon off and reserve ¼ cup turkey fat to use for making pan gravy. Skim and discard any remaining fat from surface of drippings; reserve drippings for pan gravy. (Do not wash the roasting pan.)

Makes 8 servings (with leftovers). Each (4-oz) serving without skin: 168 cal, 3g fat, 33g protein, 0g carb

Rich pan gravy

Prep time: 5 minutes
Cook time: 10 minutes

- 1½ cups medium-dry Madeira wine
- ¼ cup reserved turkey fat (skimmed from pan drippings)
- ⅓ cup all-purpose flour
- 4 cups giblet broth (see recipe below)
- Reserved garlic cloves and pan drippings

1. Place turkey roasting pan on two stove burners over medium-high heat. Pour in wine and bring to a simmer, scraping up browned bits from bottom and sides of pan with a wooden spoon. Boil wine until reduced to about ½ cup; pour into a glass measuring cup.
2. Place reserved turkey fat in a large saucepan over medium-high heat. Whisk in flour and cook, still whisking, until smooth. Whisk in reduced wine, giblet broth, and garlic cloves and simmer, whisking, until thickened, about 5 minutes. Whisk in reserved pan drippings and any accumulated juices from turkey platter. Strain into a gravy server.

Makes 5 cups. Each (¼-cup) serving: 64 cal, 3g fat, 5g protein, 3g carb

PEAR AND GORGONZOLA SALAD

Giblet broth

- 1 (32-oz) carton low-sodium chicken broth
- 3 cups water
- Reserved turkey neck and giblets
- 3 *each* shallots, celery stalks, and carrots, cut into chunks

In a large saucepan, bring broth, water, turkey neck, and giblets to a boil. Skim foam and discard. Add remaining ingredients. Partially cover and simmer for 1½ hours. Strain into a 2-quart measuring cup or bowl and discard solids. Add enough water to broth to equal about 4 cups.

Pear and gorgonzola salad

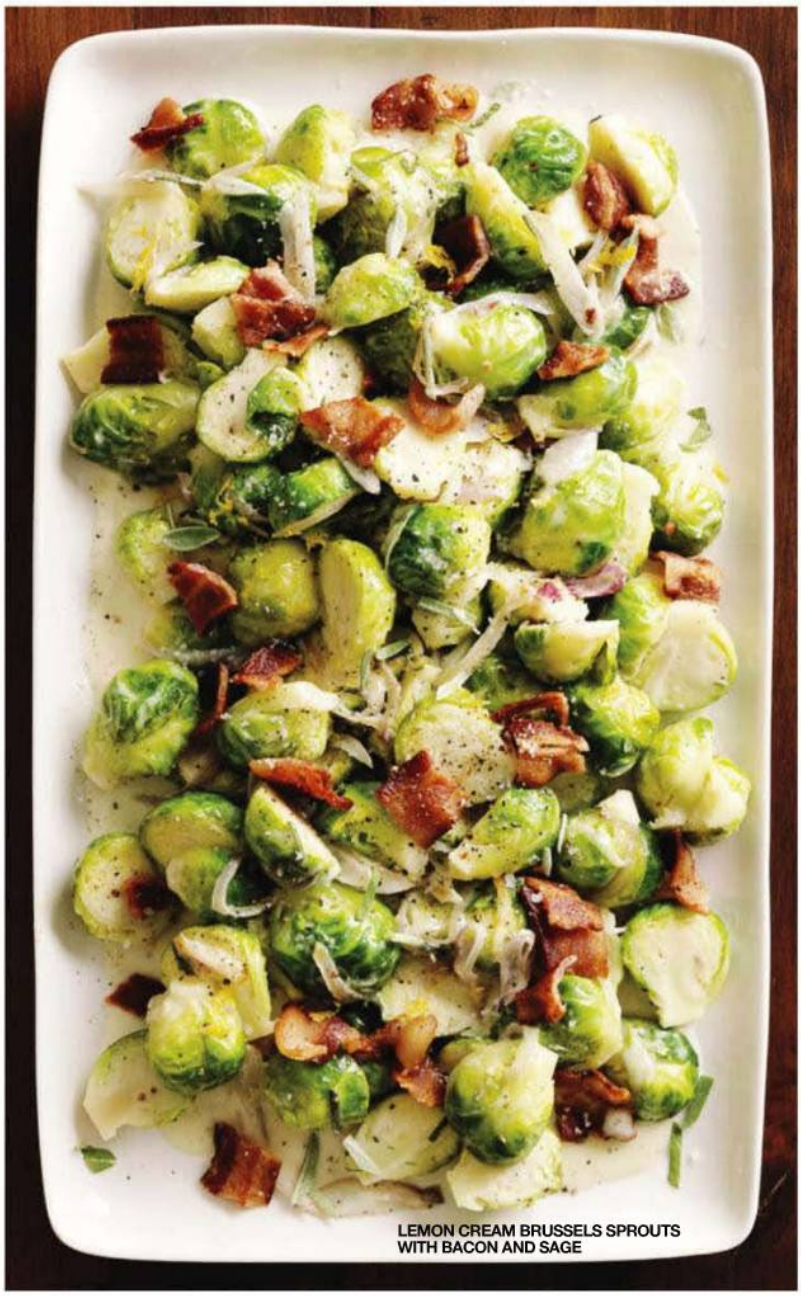
Prep time: 15 minutes
Cook time: 0

- 3 Tbsp lemon juice
- 2 Tbsp maple syrup
- 2 tsp Dijon mustard
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- ¼ cup extra-virgin olive oil
- 4 small ripe Forelle or Anjou pears, halved, cored, and cut into ¼-inch-thick slices
- 2 large bunches watercress, trimmed
- 2 Belgium endive (red or white), cored, julienned
- 1 small red onion, halved, thinly sliced
- 4 oz creamy gorgonzola, cut into small pieces
- ½ cup toasted pecan halves

1. Whisk lemon juice, maple syrup, mustard, salt, and pepper in a large salad bowl until blended. Slowly whisk in oil until emulsified. Add pear slices and toss to coat. Cover bowl; refrigerate until ready to serve.
2. When ready to serve, add remaining ingredients to salad bowl and gently toss.

Makes 8 servings. Each serving: 218 cal, 16g fat, 5g protein, 17g carb

oscar
Mayer
Wake up even the early risers.
No one can resist our bacon. Naturally hardwood smoked for hours, it makes anyone a morning person.
Oscar Mayer
America's Favorite
Bacon
it doesn't get better than this
© 2010 KRAFT FOODS



LEMON CREAM BRUSSELS SPROUTS WITH BACON AND SAGE

Lemon cream Brussels sprouts with bacon and sage

Prep time: 10 minutes
Cook time: 22 minutes

- 2 lb Brussels sprouts, trimmed, halved
- 3 slices thick-cut bacon
- 2 shallots, halved, thinly sliced
- 1 cup heavy cream
- 2 tsp chopped fresh sage leaves
- 1 tsp grated lemon zest
- 1 Tbsp lemon juice
- ½ tsp kosher salt
- Freshly ground pepper, to taste

1. Bring 4 quarts of lightly salted water to a boil in a large saucepan; add Brussels sprouts. Cook 3 minutes or until crisp-tender. Drain in a colander, then refresh under cold running water to stop cooking.

2. In a large, heavy skillet over medium heat, cook bacon until crisp, about 7 minutes. Drain bacon on paper towels, leaving rendered fat in skillet. Put shallots in skillet and sauté over medium heat until translucent, about 3 minutes. Add sprouts; sauté 3 minutes longer.

3. Add cream, sage, and lemon zest, stirring to mix. Bring mixture to a simmer; reduce heat to medium-low. Simmer, uncovered, until cream is reduced and thickens to a glaze that loosely coats sprouts, about 3 minutes. Stir in lemon juice and add salt and pepper to taste. Crumble cooked bacon on top and serve immediately.

Makes 8 servings. Each serving: 236 cal, 20g fat, 5g protein, 12g carb

Herbed chestnut bread stuffing

Prep time: 30 minutes
Cook time: 45 minutes

- 1¼ lb challah or brioche bread, cut into 1-inch cubes (about 16 cups)
- 4 Tbsp unsalted butter
- 3 cups (3 medium) sliced, washed leeks, white and light green parts only
- 4 carrots, peeled, diced
- ½ cup dried cranberries
- 1 lb jar peeled, roasted chestnuts, broken up
- 1 cup chopped parsley
- 1 Tbsp *each* chopped fresh rosemary, thyme, and sage
- ½ tsp *each* kosher salt and freshly ground black pepper
- 1¼ cups chicken broth
- 2 large eggs, lightly beaten
- 1 cup heavy cream

1. Heat oven to 400°F. Place bread in a large roasting pan. Bake 30 minutes, tossing several times, until toasted. Place in a large bowl.

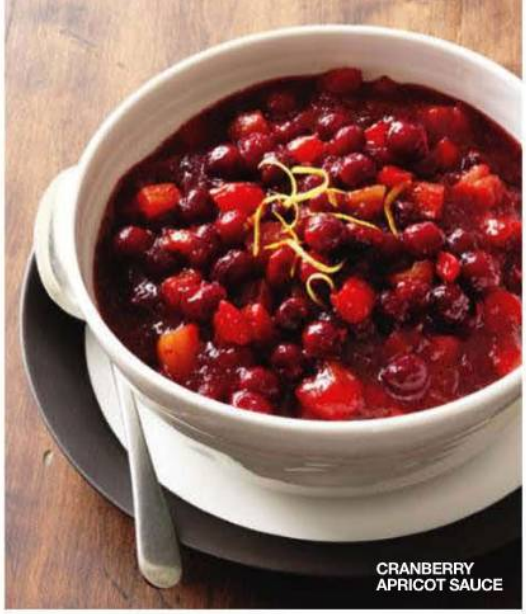
2. Melt butter in a large skillet over medium heat; add leeks, carrots, and cranberries. Cook, stirring occasionally, until tender, about 12 minutes. Add to bread along with chestnuts, parsley, rosemary, thyme, sage, salt, and pepper. Mix.

3. In a 1-quart measuring cup or bowl, whisk broth, eggs, and cream. Pour over bread mixture and toss until evenly moistened.

4. Place stuffing in a buttered shallow 3-quart baking dish; cover with foil and refrigerate. Forty-five minutes before serving turkey, place covered baking dish in a 350°F oven and bake for 30 minutes. Remove foil and continue to bake 15 minutes or until stuffing is hot, browned, and slightly crisp on top.

Makes 16 servings (with leftovers). Each (½-cup) serving: 170 cal, 8g fat, 4g protein, 22g carb

HERBED CHESTNUT BREAD STUFFING


CRANBERRY APRICOT SAUCE

Cranberry apricot sauce

Prep time: 5 minutes
Cook time: 10 minutes

- 4 cups (1 lb) fresh or frozen cranberries
- ¾ cup dried apricots, cut into small pieces
- 1 cup apricot nectar
- ½ cup *each* granulated sugar and honey
- 1 cinnamon stick
- ½ tsp grated orange or lemon zest

1. In a large saucepan, bring all ingredients to a boil over medium-high heat, stirring frequently.
2. Reduce heat to low, partially cover pan, and cook until cranberries pop and mixture thickens, 8 to 10 minutes. Let cool; chill. Bring to room temperature before serving.

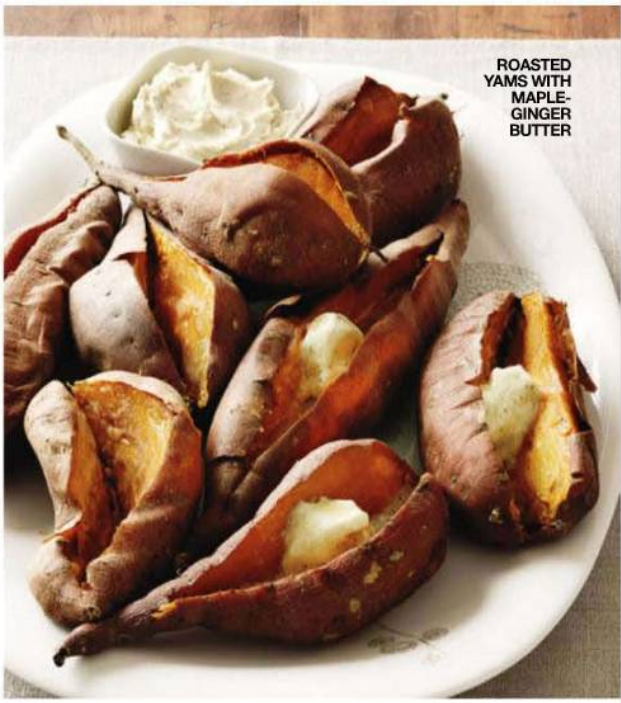
Makes 16 servings. Each (¼-cup) serving: 93 cal, 0g fat, 1g protein, 25g carb

Roasted yams with maple-ginger butter

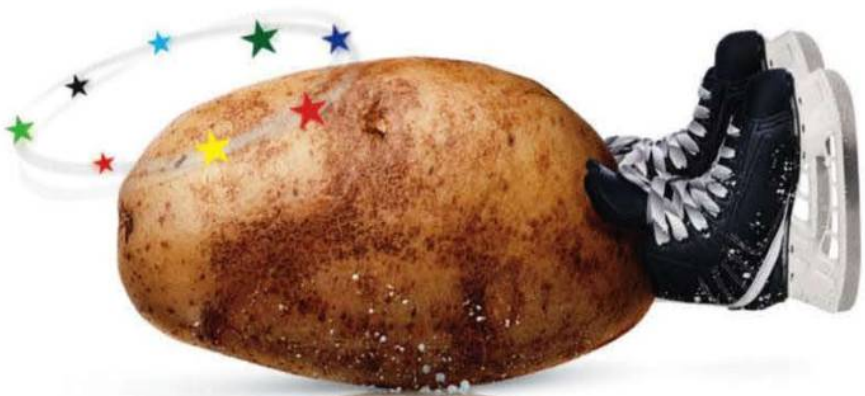
Prep time: 5 minutes
Cook time: 1 hour

- 8 Jewel or Garnet yams (6 oz each)
- ½ cup (1 stick) salted butter, softened
- 2 Tbsp maple syrup
- 1 tsp grated, peeled fresh ginger
- ¼ tsp *each* ground cardamom and freshly ground black pepper

1. Heat oven to 400°F. Set yams directly on oven rack and bake for 1 hour or until tender when pierced with a fork.
2. Meanwhile, place remaining ingredients in a mixer bowl and cream mixture until blended and smooth.
3. To serve, cut across tops of roasted yams and spoon 1 Tbsp of maple-ginger butter into each opening.


ROASTED YAMS WITH MAPLE-GINGER BUTTER

Makes 8 servings. Each serving: 251 cal, 12g fat, 2g protein, 36g carb



POTATOES DON'T BELONG ON ICE.

Made with fresh potatoes, not frozen like some brands.
For a taste that's surprisingly close to homemade.
Simply Potatoes. Simply Better.™

© 2010 Crystal Farms

simplypotatoes.com

McCormick®

Live deliciously™

Delicious turkey

Perfectly seasoned

Celebrate every bite

McCormick® Sage-Rubbed Roasted Turkey

Makes 12 servings

Prep Time: 15 minutes
Cook Time: 3 ½ hours

1 whole turkey (12 to 14 lb.), fresh or frozen, thawed
1 tbsp. vegetable oil
2 tbsp. **McCormick Rubbed Sage**
1 tbsp. **Lawry's® Seasoned Salt**
2 tsp. **McCormick Paprika**
1 ½ tsp. **McCormick Garlic Powder**
1 tsp. **McCormick Ground Black Pepper**

PLACE turkey on rack in roasting pan. Brush with oil. Mix seasonings. Sprinkle 1 tablespoon of the seasoning inside turkey. Spread remaining seasoning over entire surface and under skin of turkey. Add ½ cup water to pan. Cover loosely with heavy duty foil.

ROAST in preheated 325°F oven 1 hour. Remove foil. Roast 2 to 2 ½ hours longer or until internal temperature reaches 165°F (175°F in thigh), basting occasionally with pan juices. Remove turkey from oven. Let stand 20 minutes before slicing. Reserve pan juices to make gravy.

For the Roasted Sweet Potatoes and other holiday recipes, visit mccormick.com

The Taste You Trust®

©2010 McCormick & Co., Inc.

PUMPKIN PIE WITH CRÈME FRAÎCHE WHIPPED CREAM

Pumpkin pie with crème fraîche whipped cream

Prep time: 30 minutes
Cook time: 1 hour

Crust

- 2 cups all-purpose flour
- ½ tsp kosher salt
- ½ cup (1 stick) cold unsalted butter, cut into bits
- 3 Tbsp cold solid vegetable shortening
- 5-6 Tbsp ice water
- 1 egg yolk, beaten with 1 Tbsp water

Filling

- 1 (15-oz) can pumpkin puree
- 2 large eggs plus 1 large yolk
- ½ cup packed brown sugar
- ¼ cup granulated sugar
- 2¼ tsp pumpkin pie spice
- ¼ tsp kosher salt
- 1 (12-oz) can evaporated milk
- 2 Tbsp mild molasses

Crème fraîche whipped cream

- 1 cup cold heavy whipping cream
- 3 Tbsp confectioners' sugar
- ½ cup cold crème fraîche or sour cream

1. Crust: In a medium bowl, mix flour and salt. With a pastry blender or two forks, cut in butter and shortening until mixture resembles coarse crumbs. Sprinkle ice water, 1 Tbsp at a time, over flour mixture, mixing lightly with a fork after each addition until dough is just moist enough to hold together. Shape dough into a ball; cut off slightly less than ⅓ of dough and reserve for cutouts. Chill dough 30 minutes.

2. On a lightly floured surface, with floured rolling pin, roll large portion of dough into a 12-inch circle. Fit dough into a 9-inch pie pan and press into pan. Trim dough to meet edge of pan. Prick dough on bottom of pan all over with a fork; refrigerate.

3. On a lightly floured piece of parchment paper, roll out remaining dough (for cutouts) until ⅛ inch thick. Using a 1-inch square cutter, cut out about 50 squares. Lightly brush squares with yolk mixture and gently press them, brushed side down and slightly overlapping, around edge of dough to form a pretty trim. Refrigerate 30 minutes.

4. Heat oven to 400°F. Line pie crust with nonstick foil and fill with pie weights, dry beans, or uncooked rice. Bake until edges of crust just begin to turn golden, 15 to 20 minutes. Remove foil with weights, return crust to oven, and continue to bake 15 minutes or until golden all over. Cool completely on a wire rack. Reduce oven temperature to 350°F.

5. Filling: In a 2-quart bowl, whisk all ingredients until well blended, and pour into crust. Bake 55 minutes or until filling is just set. Cool completely on a wire rack, cover, and refrigerate until chilled.

6. Whipped cream: In a large bowl, beat cream and sugar with a mixer until stiff, billowy peaks form when beaters are lifted. Beat in crème fraîche. Serve with pie.

Makes 8 servings. Each serving with ¼ cup cream: 622 cal, 39g fat, 10g protein, 60g carb

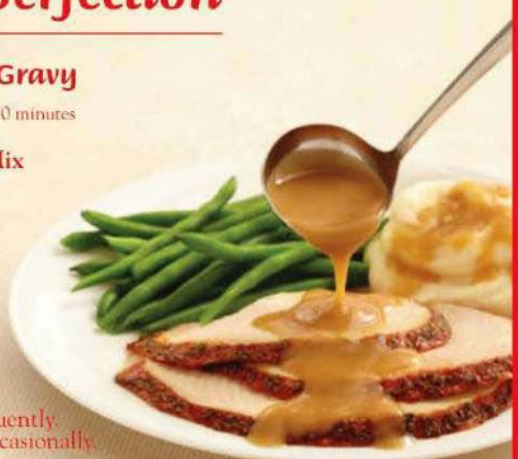
—RECIPES BY FRANK P. MELODIA

Top it off with perfection

McCormick® Perfect Turkey Gravy

Prep Time: 5 minutes Cook Time: 10 minutes

2 pkg. McCormick Turkey Gravy Mix
¼ cup flour
3 cups cold water
1 cup turkey pan drippings or turkey broth



MIX Gravy Mix and flour in large saucepan. Gradually stir in water and turkey drippings with wire whisk until smooth.

COOK on medium-high heat until gravy comes to boil, stirring frequently. Reduce heat to low; simmer 5 minutes or until thickened, stirring occasionally. (Gravy will continue to thicken upon standing.) Makes 15 servings.

For more great-tasting recipes, visit mccormick.com

©2010 McCormick & Co., Inc.

McCormick
Live deliciously™

©2010 The Quaker Oats Company

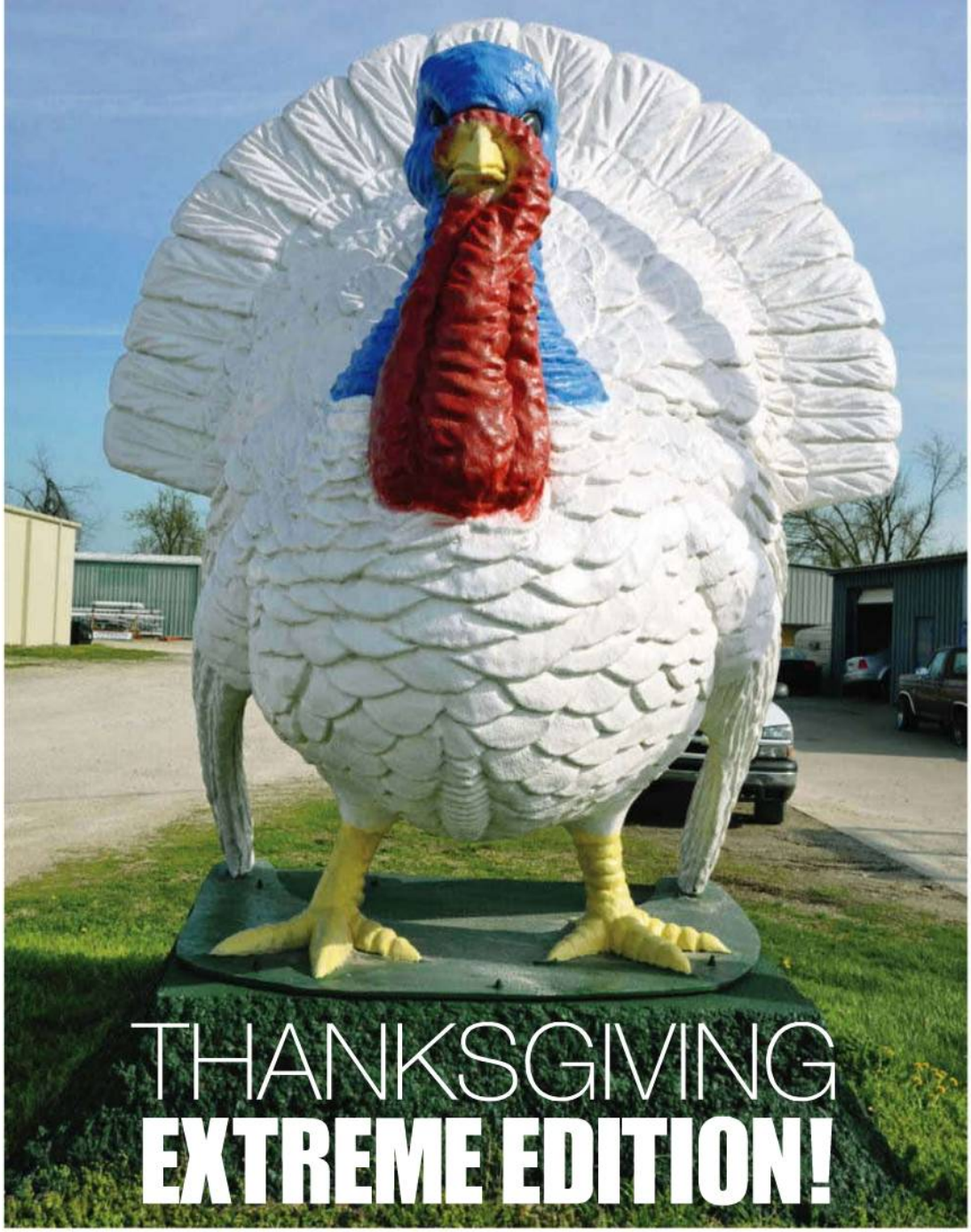
25% LESS SUGAR. BIGGER OATS FOR A HEARTIER TEXTURE. AND

NATURALLY FLAVORED. WE'RE MAKING OUR OATMEAL BETTER, STARTING WITH SOME OF YOUR FAVORITE FLAVORS,

SO YOU CAN BE AMAZING.

DOES YOUR BREAKFAST MAKE YOU AMAZING?™

GO TO FACEBOOK.COM/QUAKER TO FIND OUT.



THANKSGIVING EXTREME EDITION!

You think your holiday traditions are crazy? Read about a woman who smoked a turkey outside—in Alaska—or the eat-a-thon at Joan Rivers's house, and other Thanksgivings served up with a heaping side of "You've got to be *kidding* me." By Elizabeth Jenkins

SHE COOKED OUTSIDE... IN MINUS 38°

As an Army wife of 18 years, Michelle Polhamus, 42, has hosted Thanksgiving in Alabama, Colorado, Kansas, even Germany, no problem. But a few years ago, she found herself off the grid and out of her element—in North Pole, Alaska. Still, she wasn't about to let a little thing like the weather (38 degrees below zero) get in the way of a good meal, so Michelle and her husband decided to cook a 22-pound turkey in a free-standing smoker. Outside. On their front deck the night before Thanksgiving.

After tossing in apple and cherry wood chips, the couple bundled up at 6 p.m.—a balmy 2 degrees at the time—and placed the turkey on the grill. They trudged outside every two hours to monitor its progress, crashed at 2 a.m., and woke up at 8 a.m. on the big day to discover that it was smoked, all right... but raw on the inside.

"What we did that first Thanksgiving is considered a 'Cheechako' mistake," Michelle says. "A Cheechako is anyone new to Alaska who hasn't been through a winter." She salvaged the turkey by baking it in her oven for 4½ hours. "It was amazingly moist and wonderful," she recalls, "but I don't think I could ever repeat it... nor would I want to!"

These days, Michelle, her husband (Lieutenant Colonel John Polhamus, due home from Pakistan in time for Thanksgiving), and

DEBRA JANE SELTZER/ROADSIDEARCHITECTURE.COM.

New STOUFFER'S® Stuffed Melts and Soups

For when you want your kitchen to double as your favorite café.

Café quality in 5 minutes.

Stouffer's

NEW Stouffer's Stuffed Melt & Soup
Herb focaccia bread filled with ham and three cheeses, paired with creamy tomato bisque.
Visit stouffers.com **Let's fix dinner.**™

3 NEW VARIETIES

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.

THERE'S A CROCK-POT® SLOW COOKER
FOR EVERY GENERATION.

2010 Sunbeam Products, Inc. doing business as Jarden Consumer Solutions. All rights reserved.

CROCK-POT®
THE ORIGINAL SLOW COOKER

For recipes go to crockpot.com

AND YOURS HAS ARRIVED.

For over 35 years, there has been only one name in slow cooking. Crock-Pot® Slow Cookers inspire entertaining, family dinners, special days and everyday. With stunning looks, smart features and modern cooking controls, dinner is ready when you are.

Find us on Facebook

their three children live in somewhat-less-remote Fort Wainwright, AK. Visiting their parents in Florida and Tennessee—7,000 miles away—isn't realistic at Thanksgiving, but they've compensated in other ways. "When you're on assignment, the military is the only family you have," she says, "so we extend invitations to other military families, and each one brings a favorite dish."

Michelle, an at-home mom, has gotten savvy about outsmarting the cold. She makes meticulous food-shopping lists because, she notes, "I don't want to go to the grocery store more than once. It can take 10 minutes to get your car warm enough to drive!" Yet the frigid temperatures do have their benefits: Their neighborhood begins to look a lot like Christmas in September, when people hang lights before it gets too cold. Also, the family's 12x12-foot screened back porch doubles as a walk-out freezer. "I make pumpkin pie and cheesecake pie five days ahead of time, wrap them, and leave them on a table," Michelle says. They're in good company; the turkey's out there too, bought in October before stores sell out.

Everyone watches football after dinner, then they head outside to a bonfire with hot toddies for the grown-ups and hot cocoa for the kids. The celebrations don't end there: The following day the family cross-country skis, rides dog sleds, and takes a dip in some local hot springs. And *nobody* mistakes them for Cheechakos.

SHE (JOAN RIVERS) SERVES UP A 23-DISH MEAL

Comedian, actress, and *Fashion Police* host Joan Rivers, 77, cooked the Thanksgiving meal for her family... 30 years ago. "It was so terrible we had to send out for deli food," she recalls. "My husband said, 'You can write a joke. Get out of the kitchen.'"

Virtually ever since, Joan has hosted a catered dinner for family and friends in her New York City apartment, complete with waiters, place-card seating, and a pianist friend who plays show tunes. The feast includes (deep breath, please): five appetizers (such as caramelized-onion-and-goat-cheese tarts), first-course pasta (pumpkin tortellini), pumpkin soup (served in a carved-out pumpkin), roast turkey, smoked ham, six sides, and *six* desserts. No detail is overlooked—even the ramifications of eating so much food: "My nephew's a doctor, so he's right there if anything happens."

Handing over her oven mitts has allowed Joan to spend Thanksgiving morning with her 9-year-old grandson, Cooper, taking meals to New Yorkers suffering from AIDS and cancer through God's Love We Deliver. People know in advance that she's coming, but Joan still manages to surprise them: "I sit and gossip. I'll give them a tidbit about Lindsay Lohan so they have a story to tell people!"

The love and laughs continue at home,

"My husband said, 'You can write a joke. Get out of the kitchen.'"

Pass the gravy? No mean feat: Guests at Joan's feast sit at a 21-foot-long table.

FROM TOP: JIM SPELLMAN/WIREIMAGE, COURTESY OF SUBJECT.

IT'S NOT WHETHER YOU WIN OR LOSE, *but whether there's* ENOUGH TO GO AROUND.

Make everyone's day on game day. Get the party started with this favorite recipe of The Neelys.

Mini Memphis-Style BBQ Burgers

Prep: 15 min. | Total: 21 min. | Makes: 8 servings

WHAT YOU NEED

- 1 lb. lean ground beef
- 2 Tbsp. finely chopped red onions
- 4 KRAFT Singles, halved
- 8 slider buns, toasted
- 1/2 cup coleslaw
- 4 slices OSCAR MAYER Bacon, cooked, halved
- 1/3 cup BULL'S-EYE Memphis Style Barbecue Sauce

MAKE IT

HEAT grill to medium-high.

MIX meat and onions; shape into 8 patties.

GRILL 3 min. per side or until done; top with Singles.

FILL buns.

The Neelys – TV celebrity chefs

KRAFT Singles

© 2010 KRAFT Foods

where, Joan says, "I ask every single person to stand up and say one sentence describing what they are thankful for. One year Cooper said, 'I am thankful the Yankees won!'"

Though her celebration is grand, Joan simplifies matters by using the same menu, linens, and decorations every year, including a 21-foot-long table that has to be carried up seven flights of stairs and then assembled. "Looking down and seeing everyone sitting there in a good mood," she says, "that kills me!"

SHE KEEPS IT SIMPLE—FOR 60

Ask Lori Berger why she began hosting 60 people at her Los Angeles home and she'll blame her in-laws. "There is a fear of salmonella in my husband's family, so their philosophy is 'Cook it till you kill it twice,'" says Lori, REDBOOK's special projects director. "The turkey ends up beyond dry." Craving a better bird, this 40-something mom started a day-after-Thanksgiving tradition of dinner for a few friends. Over the years, it grew and grew (and grew) as the group had children and roped in other pals. But one thing stayed the same: Lori cooked almost all of it, including a 25-pound turkey, five Cornish game hens, and a honey-baked ham.

"I was caught up in the Superwoman thing," she says. Six years ago, though, she took off the cape. "I was completely stressing out, and I realized that was ridiculous!" She hired a woman she calls "Ruby the Goddess," who works five hours that Friday for $200 (plus a well-deserved tip). Ruby refreshes serving platters, helps with cleanup, and guards the kitchen so Lori can cook in peace.

Another savior: "Costco. I love it the way some women love Saks Fifth Avenue—it's a fantasyland," Lori says. "The cheese and wine selections are better than the best gourmet stores in town." Over the years, she's learned to let things go: "Forget china! I buy huge paper plates with turkeys on them and sturdy plasticware." Lori's sons pitch in with grocery shopping, and her husband, Rich, provides nonstop cleanup services. "I'm a tornado in the kitchen—there's flour on the ceiling by the time I'm done. Rich cleans up after my mess," she says, gratefully.

Guests pour their own drinks and serve themselves from a gigantic buffet on the dining room table. The kids entertain themselves with Ping-Pong and darts while the family's 95-pound yellow lab, Moose, roams around, on the hunt for crumbs.

Once it's over, Lori returns borrowed tables and chairs from friends and collapses in bed. The day after, she's a happy wreck. "I get up with the biggest food and party hangover," she says. "I get into my sweats and don't even take a shower, and spend the whole day nibbling."

SHE FITS 32 PEOPLE INTO 500 SQUARE FEET

As a chef and caterer, Maili Halme Brocke, 42, is used to producing events in large spaces. The Thanksgiving dinner for 32 she's hosted with her husband at their Ventura, CA, home is much smaller in scale—it *has* to be, given that her kitchen, dining room, and living room total 500 square feet. "We're all together, no matter what!" she says, laughing.

To squeeze everyone in, Maili and her husband, Jason, move out most of the living room furniture the weekend before Thanksgiving. "We stack pieces in our shed and fill the laundry room with piles," says Maili, a mother of two kids, ages 12 and 11. "Sometimes pans or pots we didn't get to wash end up in there too!"

Finding places to serve food is a tad trickier: "I don't have room for a buffet," Maili says, "and there isn't space on the tables for gravy boats or side dishes, so I serve on the kitchen counters and off the stove, usually in whatever casserole dish or pot things were cooked in. It's actually good, because I keep the pilot lights on the stove, so it's like one of those warmer things. We move the turkey to a platter—and put the carcass in the oven."

Given the limited space, keeping people out of the kitchen isn't an option, though Maili doesn't mind: "I am one of those people who can talk and cook at the same time." There's just one thing she worries about: "Parking is a serious challenge!"

Get these ladies' signature Thanksgiving recipes at redbook.com/extreme.

This FOOTBALL SEASON, WE WANT EVERYONE TO HAVE ENOUGH.

KRAFT HUDDLE TO FIGHT HUNGER
FEEDING AMERICA

HELP US GIVE 20 MILLION MEALS* TO THOSE IN NEED.

Visit HuddleToFightHunger.com for details.

RITZ OREO Oscar Mayer PLANTERS
Kool-Aid KRAFT MAYO MW
KRAFT Singles Maxwell House KRAFT NATURAL CHEESE

Kraft Foods' goal is to donate 20 million meals.

*The monetary equivalent of a meal will be donated. $1 = 7 meals secured by Feeding America on behalf of local food banks.

Speedy, spicy dinners, starting with ground beef. Put burgers on the back burner. These mains are almost as easy as flipping a patty but pack in way more flavor.

1 lb ground beef | 1 cup chopped onion | 2 tsp garlic paste | 1 (14.5-oz) can fire-roasted diced tomatoes, undrained | 1 (15.5-oz) can black beans, rinsed, drained | 2 chipotle chiles in adobo sauce, chopped | 1 tsp ground cumin (we like McCormick's roasted cumin)

Black bean chili

1. In a large saucepan, heat some canola oil over medium-high heat. Add onion and garlic paste and cook, stirring often until softened, about 3 minutes. Add ground beef, breaking it up and cooking until no longer pink, about 2 minutes.

2. Add tomatoes, black beans, chiles, cumin, and kosher salt and pepper to taste. Bring to a boil, then reduce heat and simmer 10 minutes.

Top with whatever you've got, including diced onion, avocado, shredded cheddar cheese, and sour cream.

Makes 4 servings.
Each serving: 326 cal, 14g fat, 29g protein, 19g carb

1 lb ground beef | ½ cup plain dry breadcrumbs | 2 Tbsp finely chopped onion | 2 Tbsp finely chopped fresh mint or parsley | 1 Tbsp garlic paste | 1 tsp Chinese five-spice powder

Meatball kebabs

1. In a large bowl, mix ground beef and all other ingredients together and add 1 tsp kosher salt. Shape into 24 1½-inch-diameter meatballs. Thread onto wooden or metal skewers.

2. Brush a grill pan or griddle with some olive oil. Heat to medium and cook kebabs, turning often, until meatballs are browned all over, about 8 minutes.

Side ideas: tomato couscous, cucumber salad, and plain yogurt with chopped mint.

Makes 4 servings.
Each serving: 261 cal, 14g fat, 25g protein, 8g carb

—RECIPES BY BARBARA CHERNETZ

PHOTOGRAPHED BY ANDREW MCCAUL. FOOD STYLIST: ANNE DISRUDE. PROP STYLIST: LESLIE SIEGEL FOR MARNIEROSEAGENCY.COM. ONION, BEANS, BREADCRUMBS, PARSLEY: ISTOCKPHOTO.COM. CUMIN: IMAGE SOURCE/GETTY IMAGES.

©2010 Sara Lee Corporation.

Our perfectly seasoned sausage is a magnet for other ingredients.

Since 1934
Hillshire Farm
GO MEAT!

Have some creamy comfort food! This month, REDBOOK skims the fat (and hundreds of calories) off a Cheesecake Factory favorite.

WAIT! DON'T ORDER THIS...

Cheesecake Factory Pasta Carbonara
2,220 CALORIES
83 grams of saturated fat

PASTA MOUNTAIN! You'd be crazy to eat four cups of noodles, like they serve at the Cheesecake Factory—but even if you did, our version would still save you more than 1,000 calories.

REDBOOK's spaghetti carbonara

- 1 lb spaghetti
- 3 extra-large eggs*
- ¼ cup chopped flat-leaf parsley
- ¼ tsp *each* hot red pepper flakes and salt
- 2 Tbsp olive oil
- 4 oz diced pancetta or thick-cut bacon
- 1 Tbsp minced garlic
- ½ tsp ground black pepper
- ⅓ cup frozen peas, thawed
- ½ cup freshly grated Parmesan cheese

**Use ¾ cup liquid pasteurized egg if you're concerned about the safety of eggs in your area.*

1. In a large pot, cook spaghetti according to package directions, about 8 to 11 minutes. Drain noodles, reserving 1 cup pasta water.
2. Meanwhile, whisk together eggs, parsley, pepper flakes, and salt.
3. Add oil to a large, deep skillet and cook pancetta over medium heat, stirring frequently, about 6 minutes or until lightly browned. Add garlic and black pepper and cook 1 minute more, then reduce heat to medium-low.
4. Add pasta, egg mixture, and peas, plus half of the pasta water, to skillet with pancetta. Stir and cook 1 to 2 minutes, adding more pasta water if necessary, until sauce has a creamy consistency. Mix in grated cheese; serve immediately.

Makes 6 servings.
Each serving (about 1½ cups): 449 cal, 17g total fat, 18g protein, 54g carb

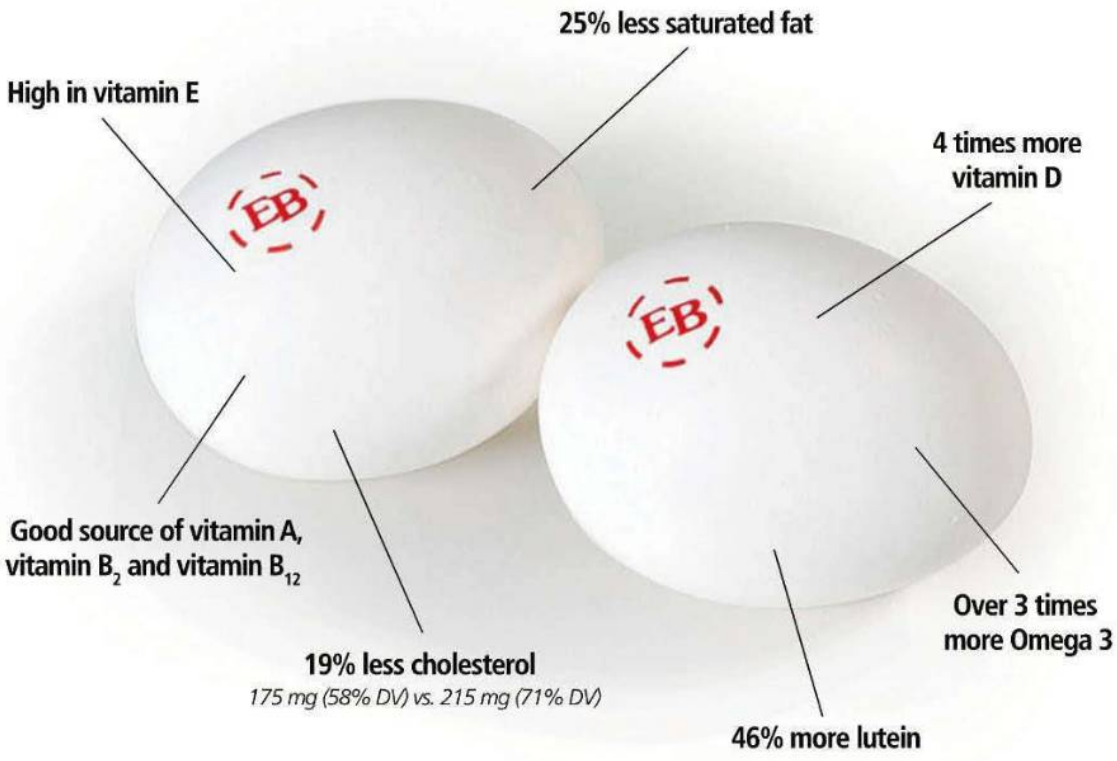
Restaurant redo
ONLY 450 CALORIES
7 grams of saturated fat

MAKE IT HEALTHIER **AT HOME!**

TOP LEFT: PHOTOGRAPHED BY CARA REYNOSO. BOTTOM: PHOTOGRAPHED BY ANDREW MCCAUL. FOOD STYLIST: ADRIENNE ANDERSON FOR PAT BATES AND ASSOCIATES. PROP STYLIST: SCOTT HORNE FOR BIGLEO.COM. RECIPE BY BARBARA CHERNETZ.

THE BEST NUTRITION JUST GOT BETTER™.

Compared to ordinary eggs:



Announcing some *eggciting* news:
Eggland's Best now provides even better nutrition for your family. Compared to ordinary eggs, EBs deliver even higher levels of important nutrients like vitamins A, D and E. Along with lower levels of saturated fat and cholesterol. All this, combined with their delicious, farm-fresh taste, is why Eggland's Best continues to stand for the very best in quality and value for your family.

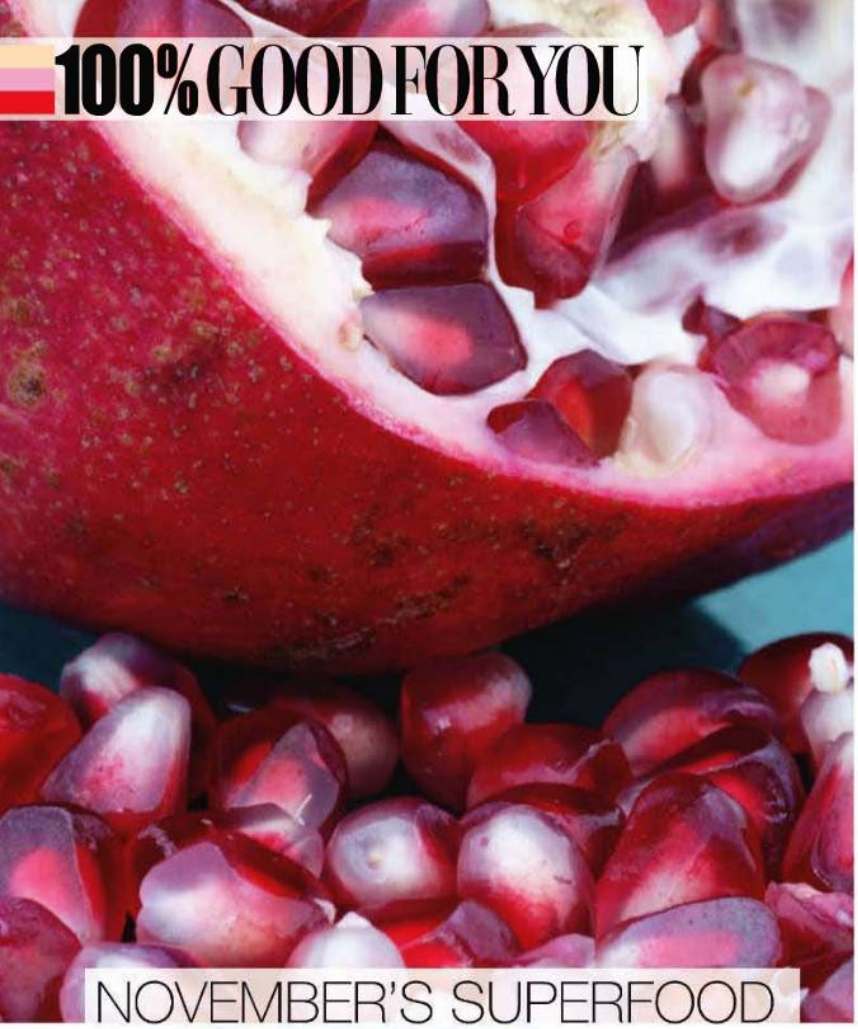
EB QUALITY APPROVED EGG·LAND'S BEST®

Better taste. Better nutrition. Better eggs.

www.eggland.com

THE BETTER EGG

100% GOOD FOR YOU



NOVEMBER'S SUPERFOOD
POMEGRANATES!

As fruits go, pomegranates can be intimidating. Even if you know to eat only the seeds, extracting them can seem like a project (keep reading for the best method). But the juicy gems are worth the effort: An 80-calorie, ½-cup serving offers as much fiber as a bowl of bran flakes, plus cancer-fighting antioxidants. They're only in season from now until January, so grab one quick, and seed it easily with this technique from Phoenix-based dietitian Michelle Dudash, R.D.: Slice off the stem, cut the fruit into four pieces, and push the seeds into a bowl of water. Skim off the pulp and strain. Stir the seeds into yogurt or pancake batter (mmm!), serve on top of roasted salmon, or sprinkle over pumpkin soup. —NICOLE YORIO

TRY THIS SIMPLE FOOD RULE

If you see it on TV, avoid it!

Next time your mouth starts watering during a *30 Rock* commercial break, think about this: On average, a single serving of the food products advertised on TV contain more than three times the recommended daily allowance for sugar and 2½ times the allowance for fat, notes a new study from the University of Texas School of Public Health in Austin. "There's no need to throw out every TV-advertised product in your pantry, but practice moderation with sugary and processed foods," says study author Alexandra Evans, Ph.D. Because when it comes to snacks, "As seen on TV" may mean... junk. —N.Y.

IT'S JUST NOT TRUE

HEALTH CLAIMS ON BOTTLED TEAS

Sipping tea may help fend off cancer, heart disease, and more, but many bottled varieties contain little to none of the antioxidants responsible for the benefits, a new study presented at the National Meeting of the American Chemical Society found. In some cases, you'd need to drink 20 bottles to get the perks in one cup of home-brewed green or black tea.

WE CAN'T STOP EATING...

SNYDER'S OF HANOVER GLUTEN-FREE PRETZEL STICKS

You don't need to buy this kind unless you have a gluten sensitivity, but we swear they're yummier than regular pretzels. Staffers raved: "*So* crunchy!" and "obviously sprinkled with magic dust." Just watch portions—start eating straight from the bag and you won't stop!

Big fat oops: People thought cookies labeled "organic" had 40 percent fewer calories than ones without that claim, a recent study showed. Wrong!

CLOCKWISE FROM TOP LEFT: FOOD COLLECTION/GETTY IMAGES. ISTOCKPHOTO.COM. PHOTOGRAPHED BY MARKO METZINGER/STUDIO D.

TASTE FOR YOURSELF.

OR

For a free sample of all six varieties go to
tasterschoice.com/thesmartchoice **or** facebook.com/nescafeusa

NESCAFÉ®

Nestlé
Good Food, Good Life

Offer good in the U.S. only. Offer valid through 12/31/10 or while supplies last. Limit one (1) sample pack per person and maximum two (2) samples per household or address. Please allow 6-8 weeks for delivery. Offer may not be republished without written consent from NESTLÉ. Void where prohibited or restricted by law. NESCAFÉ® and TASTER'S CHOICE® are registered trademarks of Société des Produits Nestlé S.A., Vevey, Switzerland.

NEW!
Nutri-Grain
Superfruit Fusion™
Flavored Cereal Bars
with
CHERRY
&
POMEGRANATE
- FLAVORS -
A DELICIOUS SOURCE OF ANTIOXIDANTS
VITAMINS C & E AND 8 GRAMS OF WHOLE GRAIN.
Kellogg's NEW!
Nutri-Grain
superfruit fusion
flavored cereal bars
CHERRY POMEGRANATE

HUNGRY GIRL'S FOOD FIX

How to eat guilt-free on the road

Everyone hits the highway around the holidays, and it's a nutritional obstacle course of fast food and gas-station chip displays. **Hungry Girl Lisa Lillien** tells you what to grab and what to drive right by.

When you need caffeine

Watch out for high-calorie extras like flavored syrups in coffee drinks. A large coffee with low-fat milk and a dash of cinnamon tastes creamy but has just 30 calories (instead of the 330 in a large vanilla latte). If you're a soda girl, remember that regular ones have around 140 calories per 12-ounce can. **Diet colas such as Coke Zero** (one of my favorites) are calorie-free and have almost as much caffeine as half a cup of coffee.

From a doughnut shop

Whatever town you're in, there's a doughnut place nearby. Rule of thumb: Go for fluffy options like Dunkin' Donuts's sugar raised donut, which has 190 calories and 9 grams of fat versus 320 calories and 18 grams of fat in a cake-style glazed. Of course, if the shop has something with lean protein in it, like Dunkin's **egg white and cheese wrap** (150 calories, 6g fat), go for that; it's much more filling than a pastry.

At a convenience store

Believe it or not, you *can* throw together a decent snack at a gas station. Go for a combo of carbs and protein to keep you energized and full, like a single-serving bag of baked chips or pretzels (usually under 150 calories) plus beef or turkey jerky (around 100 calories for a 1-ounce package) or **light string cheese** (about 60 calories). And keep an eye out for whole fruit like bananas and apples.

At the drive-thru

Opt for grilled chicken and nonfried sides. At Wendy's, a grilled-chicken sandwich and side salad with vinaigrette and no croutons has 450 calories and 10 grams of fat (less than half the 880 calories and 41 grams of fat in a burger and medium fries). At Jack in the Box, a **chicken fajita pita** and fruit cup has just 380 calories and 11 grams of fat.

In a supermarket

One of my best on-the-road tricks is to scope out the salad bars and deli counters in large supermarkets. At the buffet, just avoid creamy pasta or seafood salads, which can pack 200 calories per ½ cup. For **sandwiches, go for lean meats like turkey** and add flavor with mustard, onions, and pickles instead of cheese and mayo to shave off hundreds of calories.

For tons more tips, check out Lisa Lillien's website, hungry-girl.com.

ILLUSTRATION: COURTESY OF HUNGRY GIRL INC. STILLS, CLOCKWISE FROM TOP LEFT: MEDIABLITZIMAGES (UK) LIMITED/ALAMY, ISTOCKPHOTO.COM. PHOTOGRAPHED BY PHILIP FRIEDMAN/STUDIO D. ISTOCKPHOTO.COM (2). COURTESY OF MANUFACTURERS (2).

WHAT I KNOW ABOUT FOOD

Ina Garten

Her cultish following includes Steven Spielberg and Oprah, her products fly off store shelves, and she just published her seventh cookbook, *How Easy Is That?* But the Barefoot Contessa keeps it real in the kitchen—and out.

"The best part of my day is having dinner and wine with my husband, Jeffrey."

The party is only as happy as the host. I learned this the hard way at one of the first parties I ever threw. It was a brunch, and I decided to make omelets for everyone. I never got out of the kitchen—and I didn't have another party for a year. I tell people when they're hosting to make a menu out of recipes you know really well and to pick up something at the bakery for a great dessert. It's a much better party if the food is simple and you're relaxed.

Having a man who can cook is overrated. My husband, Jeffrey, makes the coffee, that's it. It's more important to have one person who cooks and another person who appreciates it.

Even better than chicken soup for the soul: Homemade tomato soup and grilled cheese, with grown-up cheeses like Gruyère and extra-sharp cheddar. I made this for a friend recently who was upset and hadn't eaten in a week. She devoured it!

Food tastes best when it's properly salted. That means salting it a little at a time throughout the entire cooking process, not just at the end. It enhances the flavor of whatever you're cooking and makes food taste seasoned—not salty.

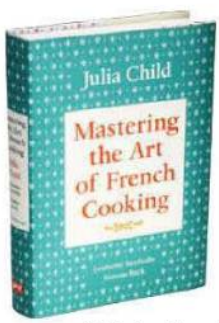
Gratitude is the best hostess gift. I always send flowers or a note the next day to express my appreciation.

Cook with your heart! They say that gardens look better when they are created by loving gardeners rather than by landscapers, because the garden is more tended to and cared for. The same thing goes for cooking. I only cook for people I love. —AS TOLD TO NICOLE YORIO

"Grilled cheese and tomato soup is the ultimate comfort meal."

"The most overrated tool: a pasta maker. Why make it when you can buy it? It's a lot of work!"

"I love Alton Brown's show *Good Eats*, about the chemistry of food. It's really thoughtful."



"This book taught me how to cook. It goes over every process: roasting, braising, stewing."

5 THINGS YOU'LL ALWAYS FIND IN MY KITCHEN

WHITE BREAD

"I make breadcrumbs by pulsing it in the food processor."

VANILLA ICE CREAM

"A scoop makes dessert even better—or I eat it alone!"

SAN MARZANO CANNED TOMATOES

"I use a can to put together a quick week-night pasta sauce."

WHITE TRUFFLE BUTTER

"A tub is only $9; it makes popcorn or sandwiches fancy."

PEPPERIDGE FARM PUFF PASTRY SHEETS

"I use them to whip up munchies like cheese straws."

TOP RIGHT: REPRINTED FROM *BAREFOOT CONTESSA HOW EASY IS THAT?* COPYRIGHT © 2010 BY INA GARTEN. PHOTOGRAPHS COPYRIGHT © 2010 BY QUENTIN BACON. PUBLISHED BY CLARKSON POTTER/RANDOM HOUSE INC. STILLS, CLOCKWISE FROM SOUP: RENEE COMET/GETTY IMAGES, MARKO METZINGER/STUDIO D, ISTOCKPHOTO.COM, MARKO METZINGER/STUDIO D, RICHARD MAJCHRZAK/STUDIO D, KATE WHITAKER/GETTY IMAGES, DIGITAL VISION/GETTY IMAGES, ALEXANDER TAMARGO/GETTY IMAGES, ISTOCKPHOTO.COM. INA & JEFFREY: AMANDA SCHWAB/STARTRAKS.

Introducing a whole new way to pair up your favorite tastes.

Choose any one of four new Wendy's® premium half-size salads, like Apple Pecan Chicken, then pair it with one of 7 tasty options: a baked potato, Chili, Go Wrap, Jr. Bacon Cheeseburger, small Frosty™, soft drink or Dasani® water. Only at Wendy's.

PICK 2 FOR $4.99*

You know when it's real.®

Wendy's

©2010 Oldemark LLC *At participating Wendy's. "Diet Coke" and "Dasani" are registered trademarks of The Coca-Cola Company.

SHOP THE ISSUE

GORGEOUS SKIN, INSTANTLY

PAGE 47: Make Up For Ever HD Invisible Cover **Foundation**, $40; Sephora, sephora.com. Bobbi Brown Illuminating Finish **Compact Foundation** SPF 12, $40; Bobbi Brown counters, bobbibrown.com. Stila One Step **Complexion Brush** #33, $32; stilacosmetics.com. $H_2$0+ Sea Clear Refining **Facial**, $22; h2oplus.com, ulta.com. Sonia Kashuk Radiant **Tinted Moisturizer** SPF 15, $13; Target, target.com. Sue Devitt SpaComplexion **Tinted Moisturizer** SPF 15, $40; barneys.com, ulta.com.

BEAUTY CONFESSIONS

PAGE 50: Betsey Johnson Designer Series Tweezerman **tweezers**, $25; betseyjohnson.com. CND **Colour**, $9; cnd.com. Chanel **Nail Colour**, $23; chanel.com. Peter Thomas Roth Illuminating High Definition **Moisturizer**, $148; Sephora, peterthomasroth.com.

PRETTY FAST

PAGE 52: NP Set Luscious **Lip Shine**, $15; target.com. Avon Advance Techniques Daily **Shine Capsules**, $8; 800-FOR-AVON, avon.com. Mark Seeing Stripes **Eye Color Trio**, $6; meetmark.com. Oscar Blandi Hair Lift Instant **Thickening & Strengthening Serum**, $35; Sephora, Ulta, the Oscar Blandi Salon, beauty.com, sephora.com, oscarblandi.com. Clinique Moisture Surge **Face Spray**, $20; Clinique counters nationwide, clinique.com. Laura Geller Air Whipped **Blush**, $25; qvc.com. Nars Vintage **Nail Polish**, $16; narscosmetics.com. Clarins Eau des Jardins **eau de toilette**, $48; macys.com. Colorescience Sunforgettable Mineral Powder Sun Protection SPF 50 **Brush**, $60; colorescience.com.

BEAUTY CALL

PAGE 54: Laura Mercier Metallic Crème **Eye Colour**, $22; lauramercier.com. Fresh Supernova Radiance **Brightening Pen**, $24; sephora.com. L'Occitane **Shea Butter**, $15; usa.loccitane.com. Clinique **Almost Lipstick**, $14; clinique.com. Flossbox **dental floss**, $3.49; flossbox.com.

Q & TRIPLE A

PAGE 56: Dr. Hauschka **Powder Duo**, $40; drhauschka.com. Burberry Sheer **Eye Shadow**, $29; us.burberry.com, nordstrom.com. Youngblood Outrageous Lashes Mineral Lengthening **Mascara**, $24; ybskin.com.

MEET YOUR NEW WINTER COAT

PAGE 179: Old Navy **coat**, $60; oldnavy.com. Stetson "Hatteras 2" **hat**, $135; hartfordyork.com. B.D. Baggies **shirt**, $98; Intermix. Buji Baja **fingerless gloves**, $44; Pomponner Ltd, Locust Valley, NY, 516-609-9090. American Eagle Outfitters **pants**, $50; ae.com. Vince Camuto "Winder" **boots**, $98; vincecamuto.com.
PAGE 180: Rebecca Taylor **cape**, $625; Net-a-porter.com. American Eagle Outfitters **sweater**, $50; ae.com. Ray Griffiths Fine Jewelry **ring**, $3,290; raygriffiths.com. Teri Jon Sportswear **skirt**, $275; terijon.com. Kushyfoot **tights**, $8; kushyfoot.com. Cynthia Vincent "Devi" **boots**, $425; shopbop.com.
PAGE 181: Calvin Klein **coat**, $290; Lord & Taylor, 800-348-6940, lordandtaylor.com. Ann Taylor **cardigan**, $128; anntaylor.com. Loren Hope **necklace**, $140; hazelandharlow.com. Hue **tights**, $13; hue.com. Chie Mihara "Premium" **boots**, $610; chiemihara.com. Sequoia Paris "The Kick" bag, $457; Bettina Duncan at Fred Segal, Santa Monica, CA, 310-458-2874.
PAGE 182: French Connection "Polar Express" **coat**, $368; Bloomingdale's. Leifsdottir **dress**, $278; neimanmarcus.com. Gioielli by Nicole Baker **necklace**, $165; gioiellinb.com. Talbots **tights**, $16; 800-TALBOTS, talbots.com.
PAGE 183: J.Crew "Lady Day" **coat**, $298; jcrew.com. H&M **shirt**, $35; hm.com for stores. Scott Mikolay "Boleyn Collection Lace Pendant" **necklace**, $990; scottmikolay.com. Leifsdottir **skirt**, $168; josephstores.com for info. Echo "Elbow Patch Knit" **gloves**, $48; echodesign.com. DKNY Intimates **tights**, $15; Bloomingdale's. Coach "Addie" **boots**, $378; Coach stores, 866-262-2440.
PAGE 184: Steve Madden **coat**, $168; macys.com, nordstrom.com. Hat Attack **hat**, $136; 800-982-1569. Nautica **shirt**, $60; nautica.com. Helen Ficalora **necklace**, $80; 877-754-2676 to order. Habitual **jeans**, $198; American Rag, amrag.com. Sanita Clogs "Trinette" **boots**, $275; sanitaclogs.com. Burberry **bag**, $1,195; burberry.com.
PAGE 185: Laundry by Shelli Segal **coat**, $375; Lord & Taylor. Trina Turk "Chantel" **sweater**, $218; Trina Turk, Burlingame, CA, 650-3400-8540. Lands' End "Pinpoint" **shirt**, $50; landsend.com. Paige Denim "Skyline" **jeans**, $189; paigeusa.com. Sendra **boots**, $775; Crimson Mim, Los Altos, CA, 650-947-7463, crimsonmim.com.

OH, JUST FAKE IT!

PAGE 188: DuWop **Lip Venom**, $16; sephora.com.
PAGE 189: Sephora by OPI **Nail Color**, $9; Sephora, sephora.com.➤

Today's "quick and easy" way to clean your floors.

Mom would definitely approve.

Mom was always a germ freak. Too bad she didn't have a **HAAN**® *Slim & Light*™ Steam Cleaning Floor Sanitizer. With a **HAAN**®, Mom could have done more than clean her floors – she could have sanitized them!

That's why **HAAN**® is today's choice for thousands of homeowners. 212°F steam cleans dirt and ground-in grime and kills up to 99.9% of common household germs, too. For a floor that's clean, sanitized and sure to please the pickiest moms.

It's about time.

© Copyright 2010 HAAN, Corporation. All rights reserved. HAAN, is a registered trademark of the HAAN, Corporation. HAAN, engineering clean.™ Slim & Light™ are trademarks of the HAAN, Corporation. Sears Life. Well Spent. is a trademark of the Sears Holdings Corporation.

AVAILABLE AT: Sears Life. Well spent.

Visit **HAAN**mom.com for a limited time **FREE GIFT OFFER**

To use this offer: At **HAAN**mom.com: Enter coupon code **NOVOFFER3** in offer box at checkout.
By Phone: Call 1.877.422.6347 and mention code **NOVOFFER3**. Offer expires 11/30/10.

HAAN. *engineering clean.*

"I saw results in only 10 days!"

Jessica lost 85 lbs

Results will vary.

Before

"I wanted *FAST, HEALTHY, LONG-TERM RESULTS,* and I wanted a plan that was easy to stick with. I saw results in only 10 days—and that's about the time others started noticing as well. I am so much happier and more confident."

Lose up to 2 to 5 lbs a week with Medifast—and *SAVE*!

$25* OFF *(use code RBNOV25)*

OR

$50* OFF *(use code RBNOV50)*

Call **(800) 971-7295** or visit **MedifastBook.com.**

Medifast®

Recommended by over 20,000 doctors since 1980.

*Save $25 on your purchase of $150 or more, or save $50 on your purchase of $275 or more. Limit one per customer. Not valid with prior purchases, V.I.P. Membership, or any other promotions or discounts. Offer expires 12/31/10. See Web site for complete details on program and discounts. Consult your physician before beginning a weight-loss program.

redbook notebook november

what's new, noteworthy & now

PIER 1 IMPORTS®

We've taken our holiday collection to a whole new level with details that include mosaic glass, ruffles, feathers, buttons, and beading. The holidays have never looked so good.

1 TO GIVE gift 1 TO GET

Enter for the chance to win a $2,500 Pier 1 shopping spree with a REDBOOK home expert—plus, a $2,500 gift card to give to someone special!

Go to www.pier1.redbookmag.com today.

Pier 1 imports®

Sponsored by Hearst Communications, Inc. Beginning 9/13/10 at 12:01 AM (ET) through 10/17/10 at 11:59 PM (ET) go to pier1.redbook.com and complete and submit the entry form pursuant to the onscreen instructions. Odds of winning will depend upon the total number of eligible entries received. Must be a legal resident of the 50 United States or District of Columbia who has reached the age of majority in his or her state of residence at time of entry. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at pier1.redbookmag.com

SYNERGISTIC THEMATICS INSERT

It's the most wonderful time of the year!

Bring in the holiday cheer with festive feasts and warm family gatherings. Nothing gets you in the spirit like a full house of your loved ones enjoying quality time together. And with these great products, brought to you by the THEMATICS insert in this issue and REDBOOK, the winter season promises to be a joy. Visit www.funfamilyextra.com for more tips on how to make the holidays happy!

Pledge · C&H · Sara Lee · Domino Sugar · Marcal small steps · Comstock Wilderness

SEX AND THE CITY 2

The fun, the fashion, the friendship: *Sex and the City 2* brings it all back as Carrie, Samantha, Charlotte, and Miranda take another bite out of The Big Apple—and beyond—in a hilarious sequel. Life is everything the ladies ever wished it would be, but it wouldn't be *Sex and the City* if life didn't hold a few more surprises. After all, sometimes you just have to get away with the girls. www.sexandthecitymovie.com

Own it 10/26 on Blu-ray™ Combo Pack and DVD, or rent it with Movies on Demand.

© 2010 Warner Bros. Entertainment Inc. and Home Box Office, Inc. All Rights Reserved

AMAZON.COM TOY STORE

Skip the malls, lines, and parking lots this holiday season and let your fingers do the shopping at the Amazon.com Toy Store. There, you'll find low prices on hundreds of thousands of toys, games, and other products for children of all ages.

And with the Universal Wish List, 1-Click purchasing, gift-wrap, and shipping options, Amazon.com actually makes holiday shopping fun and budget friendly. You'll get peace of mind knowing that everyone on your gift list will love their presents, plus you'll enjoy the ease of shopping in the comfort of your own home.

Visit amazon.com/redbook to start shopping REDBOOK's top toy picks.

amazon.com

BEAUTY OF THE HOLIDAYS WITH WALGREENS

Finding the perfect present can be difficult. What size is she? What style will she like? The solution: Give the gift of beauty! From your best friend to your babysitter and everyone in between, you'll find something for each person on your list (yourself included) with a trip to Walgreens.

Purchase participating products and get a free gift wrapping set, including a limited-edition book of holiday labels. Learn more in this month's issue and visit redbookmag.com/walgreens.

BEAUTY of the Holidays with Walgreens

REDBOOK'S ONE STOP SHOP IPHONE APP

What are we loving right now? Our new app, **One Stop Shop**, has our editors' picks for the coolest trends and hottest buys. See something you like? This app doesn't just bring you the best of the best in fabulous products, it also tells you exactly where you can buy them!

REDBOOK's One Stop Shop—fashion finds, beauty must-haves, home essentials, great giveaways, and more are all at your fingertips. Visit the App Store on your iPhone now.

REDBOOK ONE STOP SHOP

Available on the App Store

BELIEVE IT OR NOT. THEY DO LISTEN.
WHEN YOU TALK TO YOUR KIDS ABOUT DRUGS,
THEY'RE UP TO 50% LESS LIKELY TO USE THEM.

THE PARTNERSHIP AT DRUGFREE.ORG

TimeToTalk.org

classifieds
sales 800-823-1377

Ladies Talk Free to Men Nationwide
1-800-628-LIVE Men Call 1-800-321-LIVE .69

FREE PSYCHIC READING Powerful and Amazing Predictions! Specialists in Love, Destiny, Money, Passions, Fortune, Luck & Problems. 1-800-716-1175

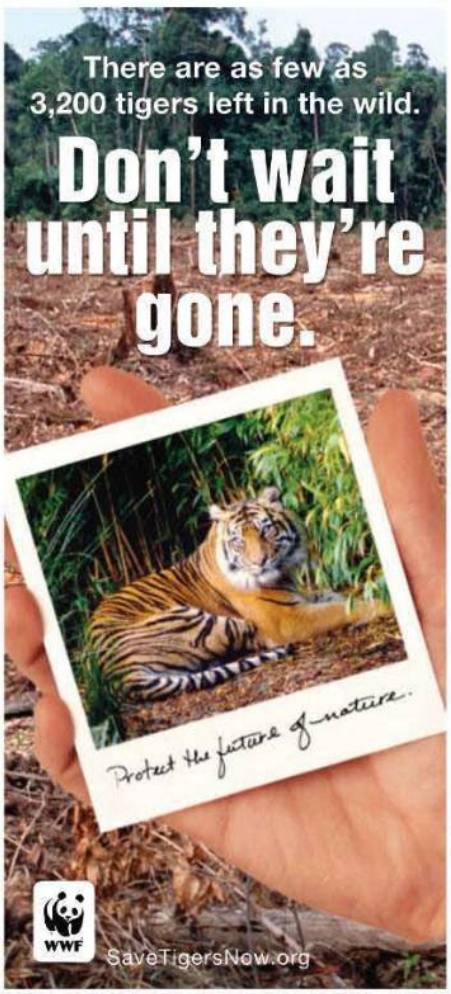
FREE minutes
CALL THE PSYCHIC STARS® NETWORK
PSYCHICSTARS.COM 1-800-461-8328
Registered with the U.S. Government

An Enlightened View Concerning You. Discuss Business or Personal Matters with Endless Possibilities 888-296-7457

FREE FUN NOW 1-800-699-9999
Your fantasies are calling you!
So many men, so little time... 18+

FREE
PSYCHIC READING
• Real Love • True Romance
• Big Money • Pure Passion
1-888-726-0099
18+ ENT. ONLY CALL FOR DETAILS AskNow.com

Ladies FREE
Hot Sexy Talk!
1-800-507-TALK



Redbook Shopper Advertising
Contact: Michael Rohr
212.649.2924
mrohr@hearst.com

take note

ONE A DAY

That place is whatmatterstoyou.com It's a place where women can find the tools to reach their health goals and help maintain a balanced lifestyle. And it's uniquely designed for women, just like our multivitamins.

Find out more at **whatmatterstoyou.com**

©2010 Bayer HealthCare LLC

BAYER

YOUR NEW PLACE TO shop

What are we loving right now? REDBOOK's new app, One Stop Shop, has our editors' picks for the coolest trends and hottest buys. See something you like? This app doesn't just bring you the best of the best in fabulous products—it also tells you exactly where you can buy them!

Fashion finds, beauty must-haves, home essentials, and easy recipes are all at your fingertips. Visit the App Store on your iPhone to download it for FREE!

Available on the App Store

PAGE 190: Victoria's Secret Style Secrets Shaping **Inserts**, $58; victoriassecret.com. Itty Bitty Bra Removable Pad **Bra**, $60; ittybittybra.com.
PAGE 191: Borghese Fango Active **Mud**, $34; borghese.com. Make Up For Ever HD Invisible Cover **Concealer**, $28; Sephora, sephora.com.

Sweepstakes Rules

FREEBIES! SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN.

Sponsored by Hearst Communications, Inc. Go to redbookmag.com/freebies between 12:01 a.m. ET on October 19, 2010, and 11:59 p.m. ET on November 15, 2010, and complete and submit the entry for the sweepstakes of your choice pursuant to the onscreen instructions. Must be a legal resident of the 50 United States, the District of Columbia, or Canada who has reached the age of majority in his or her state or province of residence at time of entry. Void in the Province of Quebec and where prohibited by law. Odds of winning will depend upon the total number of eligible entries received. Sweepstakes subject to complete official rules available at redbookmag.com/freebies.

THE WISH COME TRUE SWEEPSTAKES, A.K.A. THE $250,000 CASH GIVEAWAY. NO PURCHASE NECESSARY TO ENTER OR WIN.

Sponsored by Hearst Communications, Inc. Go to win250k.redbookmag.com and complete and submit the entry form pursuant to the onscreen instructions. Beginning February 1, 2010, at 12:01 a.m. ET through January 31, 2012, at 11:59 p.m. ET. (1) Grand-prize winner will win $250,000. (24) First-place winners will receive $1,000 each. (24) Second-place winners will receive $100 each. Odds of winning depend upon the total number of eligible entries received. Must be 13 years or older and a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at win250k .redbookmag.com.

REDBOOK® (ISSN 0034-2106) is published monthly, 12 times a year, by Hearst Communications, Inc., 300 West 57th Street, New York, NY 10019 U.S.A. Frank A. Bennack Jr., Vice Chairman and Chief Executive Officer; Catherine A. Bostron, Secretary; Ronald J. Doerfler, Senior Vice President, Finance and Administration. Hearst Magazines Division: Cathleen P. Black, Chairman; David Carey, President; John P. Loughlin, Executive Vice President and General Manager; John A. Rohan Jr., Vice President and Group Controller. ©2010 by Hearst Communications, Inc. All rights reserved. REDBOOK is a registered trademark of Hearst Communications, Inc. Periodicals postage paid at New York, N.Y., and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement No. 40012499. Editorial and Advertising Offices: 300 West 57th Street, New York, NY 10019-3797. Subscription prices: United States and possessions: $17.97 for one year. Canada and all other countries: $29.97 for one year. Subscription Services: REDBOOK will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within 4-6 weeks. From time to time, we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings, please send your current mailing label or an exact copy to Mail Preference Service, P.O. Box 6000, Harlan, IA 51593. For customer service, changes of address, and subscription orders, log on to service.redbookmag.com or write to Customer Service Department, REDBOOK, P.O. Box 6000, Harlan, IA 51593. REDBOOK is not responsible for unsolicited manuscripts or art. Unsolicited manuscripts and photographs will not be returned unless accompanied by return postage and envelope. Canada BN NBR 10231 0943 RT. POSTMASTER: Please send address changes to REDBOOK, P.O. Box 6000, Harlan, IA 51593. Printed in the U.S.A.

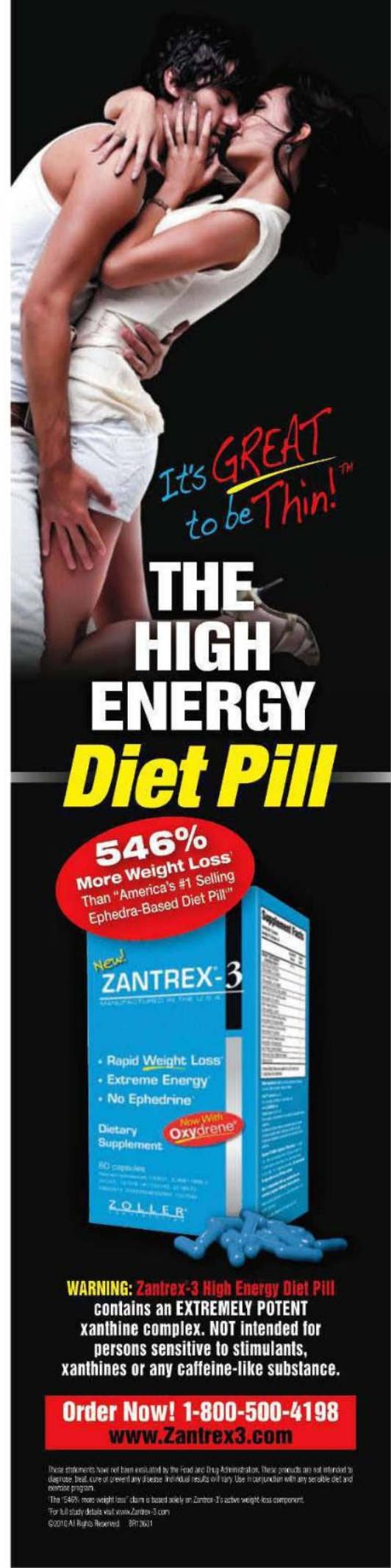
STATEMENT OF OWNERSHIP, MANAGEMENT, AND CIRCULATION

1. Publication Title: Redbook
2. Publication No. 0034-2106
3. Filing Date: October 1, 2010
4. Issue Frequency: Monthly
5. No. of Issues Published Annually: 12
6. Annual Subscription Price: $17.97
7. Complete Mailing Address of Known Office of Publication: 300 West 57th Street, New York, NY 10019. Contact Person: Deborah Cameron, (212) 649-2761.
8. Complete Mailing Address of Headquarters or General Business Office of Publisher: 300 West 57th Street, New York, NY 10019
9. Hearst Communications, Inc., 300 West 57th Street, New York, NY 10019. Editor: Jill Herzig, 300 West 57th Street, New York, NY 10019. Publisher: Mary E. Morgan, 300 West 57th Street, New York, NY 10019.
10. Owner: Hearst Communications, Inc., registered office, 1209 Orange Street, Wilmington, DE 19801. Stockholders owning or holding 1 percent or more of the total amount of stock of Hearst Communications, Inc., are Hearst Holdings, Inc., and CDS Global, Inc.
11. None
12. Not Applicable
13. Publication Title: Redbook
14. Issue Date for Circulation Data: October 2010

15. Extent and Nature of Circulation:	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
A. Total No. of Copies (Net press run)	2,547,805	2,552,091
B. Paid Circulation		
1. Mailed Outside-County Paid Subscriptions Stated on PS Form 3541	1,350,853	1,358,967
2. Mailed In-County Paid Subscriptions Stated on PS Form 3541	n/a	n/a
3. Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS	112,748	110,000
4. Paid Distribution by Other Classes of Mail Through the USPS	n/a	n/a
C. Total Paid Distribution	1,463,601	1,468,967
D. Free or Nominal Rate Distribution		
1. Free or Nominal Rate Outside-County Copies Included on PS Form 3541	766,854	773,124
2. Free or Nominal Rate In-County Copies Included on PS Form 3541	n/a	n/a
3. Free or Nominal Rate Copies Mailed at Other Classes Through the USPS	n/a	n/a
4. Free or Nominal Rate Distribution Outside the Mail	2,986	2,928
E. Total Free or Nominal Rate Distribution	769,840	776,052
F. Total Distribution	2,233,441	2,245,019
G. Copies Not Distributed	314,364	307,072
H. Total	2,547,805	2,552,091
I. Percent Paid	65.5%	65.4%

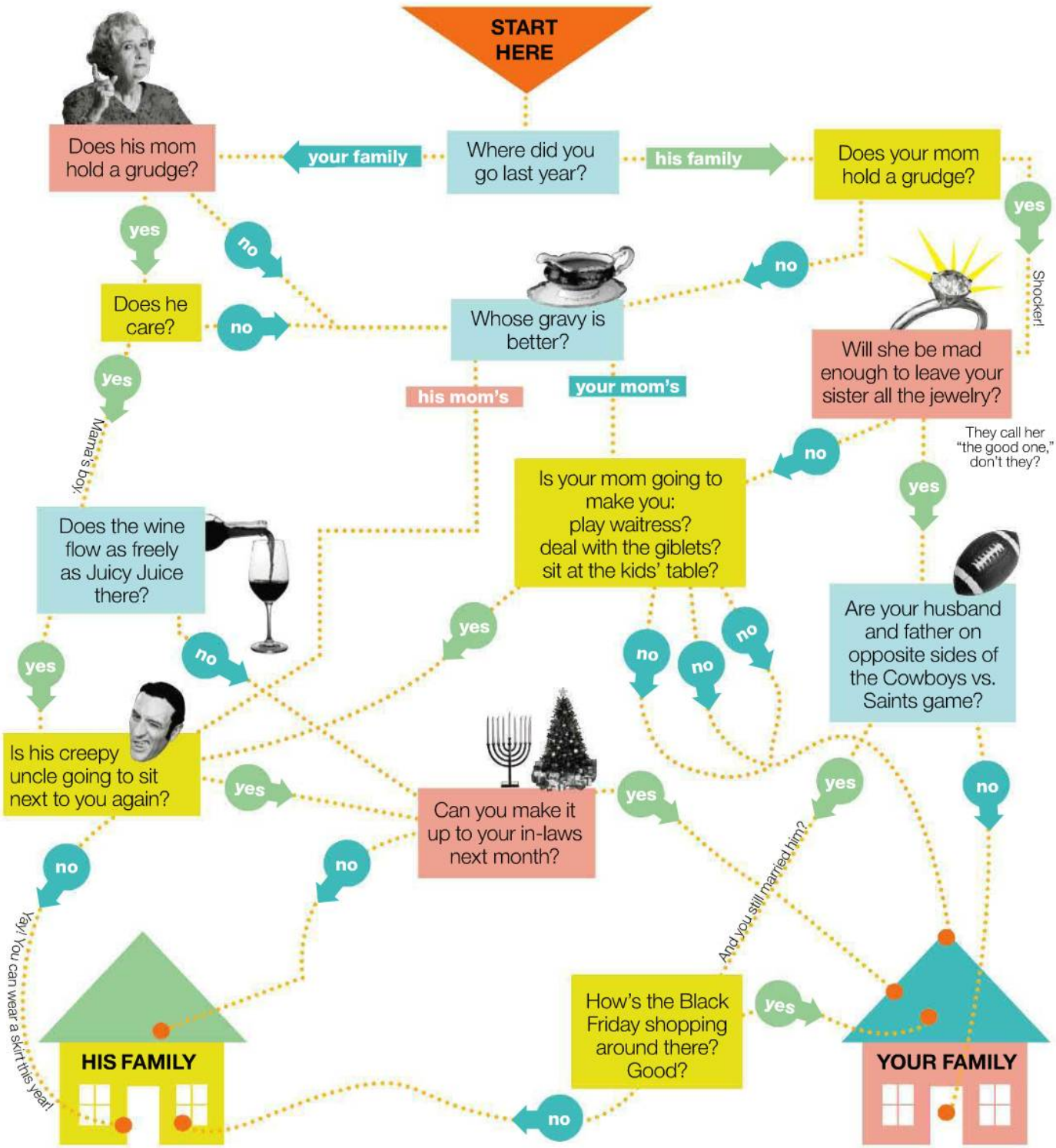
16. Publication of Statement of Ownership. Publication Required. Will be printed in the November 2010 issue of this publication.
17. Signature and Title of Editor, Publisher, Business Manager, or Owner: Mary Morgan, Publisher

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).



Thanksgiving: his family **or** yours?

We venture into a holiday minefield to help you decide. By Melissa Daly



WOMAN: PHOTODISC/GETTY IMAGES. GRAVY BOAT: JUPITERIMAGES/GETTY IMAGES. RING, MENORAH: ISTOCKPHOTO.COM. WINE: ISABELLE ROZENBAUM/GETTY IMAGES. MAN: ERIK DREYER/GETTY IMAGES. CHRISTMAS TREE: LISA THORNBERG/GETTY IMAGES. FOOTBALL: D. HURST/ALAMY.

Apparently awards also come in bulk.

That's the Wonder of Samsung.

Based on consumer response, J.D. Power and Associates has ranked Samsung:

- "Highest in Customer Satisfaction with Refrigerators, Six Years in a Row"
- "Highest in Customer Satisfaction with Clothes Dryers, Three years in a Row"
- "Highest in Customer Satisfaction with Clothes Washers, Two Years in a Row"

SAMSUNG

TURN ON TOMORROW

©2010 Samsung is a registered trademark of Samsung Electronics Corp., Ltd. All other product and brand names are trademarks or registered trademarks of their respective owners. Samsung received the highest numerical score for refrigerators in the proprietary J.D. Power and Associates 2006-2007 Major Home Appliance Studies and 2008-2010 Kitchen Appliance Studies℠, (2007-2008 received award for satisfaction with side-by-side/French door refrigerators). Study based on 15,853 total responses measuring 16 brands and measures opinions of consumers who purchased refrigerators from a retail store or their new-home builder during the previous 24 months. Proprietary study results are based on experiences and perceptions of consumers surveyed in March-April 2010. Your experiences may vary. Visit jdpower.com. Samsung received the highest numerical score for clothes washers (2009-2010) and dryers (2008-2010) in the proprietary J.D. Power and Associates Laundry Appliance Studies℠, 2010 study based on 10,344 total responses measuring 17 brands and measures opinions of consumers who purchased their washer or dryer from a retail store or their new-home builder during the previous 24 months. Proprietary study results are based on experiences and perceptions of consumers surveyed in March-April 2010. Your experiences may vary. Visit jdpower.com.

COVERGIRL®
& OLAY®

My new miracle?
The 3-minute facelift effect!*

NEW SIMPLY AGELESS SERUM PRIMER
AND FOUNDATION WITH OLAY REGENERIST SERUM

Smooth on my new Serum Primer to prep—hydrate and help firm skin's appearance—then smooth on my foundation to cover fine lines and wrinkles flawlessly...and wow! Everyone will wonder what you did!

Ellen DeGeneres looks simply amazing in Serum Primer plus Ivory foundation. easy breezy beautiful COVERGIRL

*By firming skin's appearance with results not comparable to surgical procedures.